

Retreat to Art: An Awakening

with Melissa Hedlund, MCAT, ATR-BC, LCPC



Are you finding that you don't even know who you are anymore? Are you feeling disconnected? Have you lost the magic that lies within your every day? We tend to speed through life without pausing to enjoy the beauty of each moment, the beauty that surrounds us each day and the luminous beauty that lies within. This six hour workshop will be a retreat from all that is, it will be a journey to the heart of your soul and a transformative awakening and reconnecting. Art therapist and artist, Melissa Hedlund, MCAT, ATR-BC, LCPC and special guests will take you on a restorative journey that awakens and connects your whole self, using yoga, mindful movement, intention and creativity to slow down, create and embrace the beauty that is yourself and your life. No artistic skills necessary. Dress in clothes you are comfortable moving and creating in.

Date: Saturday, May 10th, 2014

Time: 10am-4pm

Location: Annie's Yoga Studio, 14 West Downer Place, Aurora, IL 60506

Fees: No fee to attend, sponsored by our friends at

Registration: Space is limited.
To register, contact Lynne Saidac



Childcare will be provided at Hessed House. Light refreshments will be served.



Meet Melissa Hedlund, MCAT, ATR-BC, LCPC

Melissa is the Executive Director & Co-Founder of The Light of The Heart, 2014 President of the Illinois Art Therapy Association. She is honored to provide this restorative workshop for Hessed House.

The Light of The Heart



A Community Art Therapy Project

<http://thelightoftheheart.org>

Art is everything.