

# 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 two 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, will take you on a restorative journey that awakens and connects your whole self, using mindful movement, intention and creativity to slow down, create and embrace the beauty that is yourself and your life.

- Dates:** Tuesday, October 29, 2013
- Time:** 6pm-8pm
- Location:** Mutual Ground (in the basement)
- Fees:** No fee to attend, sponsored by our friends at
- Registration:** Space is limited.  
To register, contact Sarah Hipp



Childcare will be provided. 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, 2013 President-Elect and 2014 President of the Illinois Art Therapy Association. She is honored to provide this restorative workshop for Mutual Ground.

## The Light of The Heart



A Community Art Therapy Project

<http://thelightoftheheart.org>

Art is everything.