

ART OF THE SOUL®

Silent Art Meditation Workshop

Create art with intention from a heart-centered place of surrender and relaxation. Deep connection and contemplation with your higher self is an intimate experience.

Let Go and Surrender to Inspiration



The ART OF THE SOUL® art meditation process allows for a meditative state where relaxation and creative expression can thrive. Whether the artwork is a light-hearted reflection or a deep-focused exploration, the benefits can be significant.

Releasing emotions and thoughts through a creative force can relieve stress, encourage problem solving, and heighten senses. People ready to gain clarity about an area of their life and/or are in the midst of life changes attend the workshops with transforming results.

Facilitated by Linda Jochimsen RScP

Location: Unity of Bellevue

Sunday, August 19, 2018

1:00 pm - 3:30 pm

Registration: \$45

Supply List to Bring:

5-10 felt tip markers or pastels