

# Healing arts Celebration

Art therapy focusing on a woman's cancer experience



## Friday, August 1 .....

6:30 pm **Welcome and Introduction**

7:00—8:00ish **Creating Mandalas**

An active meditation for insight, healing and self-expression. The word “mandala” comes from the Sanskrit language and means “circle” and represents wholeness. We will create mandalas using crayons and markers for the purpose of personal growth and spiritual enrichment.

## Saturday, August 2 .....

10:00-12:00 **Inside the Box**

This is an assemblage project that is a great tool for healing and self-discovery. Choose a box (all sizes and shapes will be available!). Ramble through the art supplies, found objects, fabric, paper, magazines, poems, and jewelry provided. Create a personal assemblage inside the box representing different aspects of your life and self image. The art box helps us to understand what makes us tick and how to pull ourselves together. It is fun, insightful and freeing!

Noon Break for lunch. A box lunch is included with your registration.

1:00—2:00 Continue work on assemblages

2:00—4:00 **Symbolic Self Portraits**

We will “decorate” pre-cut and primed figures with paint, paper, words—symbols representing who we are and what we care about. There is no right or wrong way to create the portrait. We will mix and use colors, shapes and images we like and are drawn to. The results will be truly personal works of art.

## Sunday, August 3 .....

10:00—12:00 Time to work on unfinished projects in the studio—or begin a new project. It's up to you!

1:00—4:00 Rest

4:00 pm **Art Show and Reception**

Showcasing our Healing Arts work at Stonehenge Gallery! Invite your friends and family! We hope that you will want to show your work; however, the choice is yours.