COMMUNICATE with YOUR HEART:

A Workshop on the BEAUTY *of* VULNERABILITY

Workshop Information

Combining two Powerful Approaches:
Process Art & The Dalian Method™

During this workshop we will paint using the techniques of process art to take a journey inward. Along the way there may be an encounter with fear, discouragement, sadness, or anger. Likewise creating can also be experienced as joy, delight, and peace.

Feelings emerge during the process because they exist within us and have been repressed in our energy field and subconscious. Everything we've pushed down, because we didn't want to say or feel it, is held within our bodies and affects our well-being.

As we clear burdensome thoughts and emotions with the Dalian Method we come closer to our hearts.

Workshop Schedule (variations occur)

Saturday 9:30am-5:30pm
Introductions and discussion / Dalian Method Find Answers to Your Questions/ Process Art Session / Finding the repressed thoughts & emotions in the body
Sunday 10:30am – 3:00pm
72 Minute Dalian Method for healing repressed thoughts & emotions / Process Art Session / Closing Meditation

No artistic ability or experience with painting or the Dalian Method required.

What is Process Art?

Process Art is a way of painting relying on intuition. The purpose is not about creating a product to hang or sell but rather about the experience and self-discovery. Relating to our own creative instinct in this way opens up insight and aliveness. It can also be a powerful active meditation in that it allows us to see how our mind interferes. How we experience this process reflects how we live our life and can be a vehicle for healing.

In this workshop use Process Art to:

- Explore the Beauty of Your Vulnerability
- Express your Unique Creativity
- Practice Trusting Your Intuition
- Practice Letting Go of the Outcome
- Connect with Messages from Your Heart

What is The Dalian Method™?

The Dalian Method created by Mada Dalian is a healing modality that utilizes the breath and out loud verbal expression. It's a powerful, ground-breaking guided process that permanently releases trapped emotions and transforms limiting beliefs.

In this workshop use the Dalian Method to:

- Go Within for Answers to Your Questions
- Accept All of Your Emotions & Thoughts
- Learn How to Transform Negativity into Love & Compassion
- Honor Your Truth
- Release and Transform Repressed Anger, Sadness, Resentment, & Insecurity to Enhance Communication with the Heart

Facilitators

Madeleine Newkirk
Memphis

Art•Body•Soul

A native Memphian and Owner of Art•Body•Soul Madeleine is a facilitator for both the Dalian Method and Painting Out Loud, a process art experience. Read more about Madeleine at www.artbodysoulstudio.com/meet-madeleine

Leela Haris
Kansas City

EXPANDING
CONSCIOUSNESS
Intuition
Expression
Inner Empowerment

The owner of Expanding Consciousness in Kansas City, Leela was inspired to become a facilitator because of what the Dalian Method did to heal her childhood trauma, depression, and anxiety. Read more about Leela at www.leelaharis.com/about-leela

WORKSHOP REGISTRATION

Go to
https://www.artbodysoulstudio.com/communicate-with-your-heart.html
to see a current list of cities and dates and to register.

NEXT WORKSHOP!

November 9th & 10th 2019
Unity Temple on the Plaza
707 W 47th St Kansas City MO 64112

UNITY TEMPLE
ON THE PLAZA

Don't see your city and would like us to come to you or would like to host a **COMMUNICATE** with **YOUR HEART** workshop?

Contact us at
info@artbodysoulstudio.com

PRIVATE DALIAN METHOD HEALING SESSIONS

If you can't make a workshop or prefer one-on-one work, online private Dalian Method Sessions with Madeleine or Leela are available

DALIAN METHOD

Madeleine: Info@ArtBodySoulStudio.com
Leela: Leela@LeelaHaris.com

Art·Body·Soul
1024 S Yates Rd
Memphis TN 38119

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