

# Creative Expressions and Connections Group

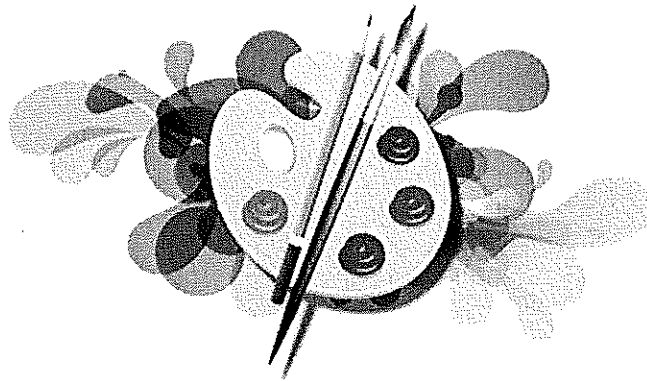
Creativity offers us a way to tap into the rich inner world that we sometimes forget exists as we rush through our daily commitments and routines. The purpose of the group is to enjoy the freedom that comes with expressing yourself, to allow your creative side a chance to come out and play, and to be amazed at what appears when you make space for self-reflection.

Through using guided imagery and various prompts we will actively seek a connection with our inner wisdom and we will express the insights we've gained through:

painting, drawing, collage, sculpture, and/or writing.

No artistic or creative writing experience is necessary.

This group is part of our Wellness Program made possible by the Sestero Grant.



Every Saturday from 12:00 to 1:30

All supplies provided

\$15 a session or \$60 if you sign up for 6 sessions

Facilitated by Pamela Mulready, Expressive Arts Facilitator

110 National Drive, Glastonbury

Call 860 657-8910 to register

**"Often the hands will solve a mystery that the intellect has struggled with in vain"- Carl Jung**

# Expressive Arts

You don't have to be a professional athlete to exercise.....

You don't have to be a rock star to enjoy singing.....

You don't have to be a published author to keep a journal.....

And...You don't have to have artistic talent to do expressive art!!!!

Expressive Art is about using art supplies as a tool to tap into the rich inner world that we sometimes forget exists as we rush through our daily commitments and routines. The purpose of expressive arts is to enjoy the freedom that comes with expressing yourself, to allow your creative side a chance to come out and play, and to be amazed at what appears when you make space for self-reflection. Using guided imagery and various prompts helps us to actively seek a connection with our inner wisdom and the medium of art (painting, drawing, collage, sculpture, and/or writing) helps us to engage with and express any insights we receive.

## Guidelines

Drop the "I'm not good at art" story

Reclaim your human right to be creative and express yourself

View artistic expression as a tool and focus on what you can gain from the process

Consider the "end product" in terms of its value in helping you understand yourself and not on its value as a work of museum quality art

Be nonjudgmental

Use "Beginner's Mind"

Be Open to insight

Recognize creation and destruction as an interconnected cycle aka "the lotus grows in the muck"

Have fun!

# YOGA ONE BREATH AT A TIME

Experiencing strength, hope and courage through  
finding your inner strength



Learn to separate yourself from your thoughts-  
developing compassion for self and others.

*Led by Pamela Mirante LCSW, 500RYT Yoga Therapist at*

Rushford Center/ 110 National Drive, Glastonbury

\$60 for 6 weeks, group session, \$15 drop in per group session

Wednesday 11:15-12:15 Inquiry and meditation 12:15-1:15 all levels vinyasa flow

Friday 11:30-1:00 Meditation and all levels vinyasa flow

Individual sessions \$25.00

Limited mats available

**Register by calling: (860) 657-8910 or stop by the front desk and speak with Denise or Marcela**