

About the Presenters



Laura Aube, BFA, MS, ATR-BC, LPC

Laura is a board certified and registered art therapist, and a Missouri-licensed professional counselor specializing in issues of grief and loss; and helping children, adolescents and their families with a

variety of emotional and behavioral challenges. She is currently providing individual and family services through her private practice with office locations in Overland Park, Kansas and Raymore, Missouri. Laura can be reached at 816-359-1885 or visit her website at www.creativegrowthandhealing.com.

Tamara Herl MS, ATR-BC, LPC



Tamara is a board certified and registered art therapist, a Colorado-licensed professional counselor, and a Life Coach who helps clients seek within themselves to find answers to their life and career challenges. With a gentle manner and deep wisdom,

Tamara facilitates 1:1 coaching, group coaching, and experiential retreats that help people and organizations expand their consciousness by connecting with their creativity. Tamara can be reached at 719-539-2061, coach@tamaraherl.com, or visit her website at www.tamaraherl.com.



Kayra Joy MS, ATR-BC

Kayra is a practicing artist, art therapist, international presenter, and founder of *Life Energy Connections, a consciousness-expanding consulting practice*.

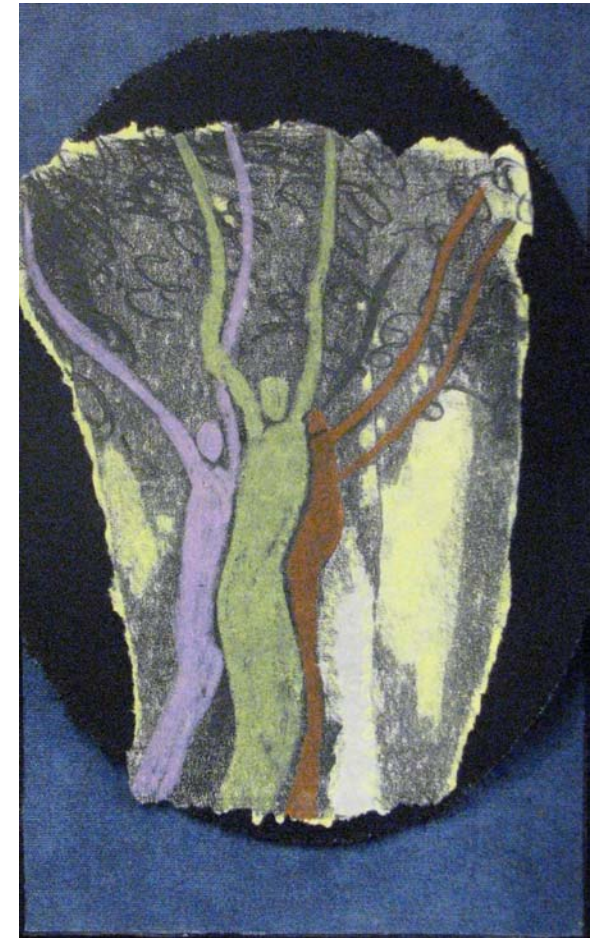
Kayra has been working as an art therapist in a variety of settings since 2000. She has recently published "Spirit Cards," a deck of affirmation cards designed to enhance your spiritual practice. Kayra can be reached at kayra@lifeenergyconnections.com or visit her website at www.lifeenergyconnections.com.

Three Art Therapists

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Art Wisdom



A Workshop by
Three Art Therapists
Saturday, January 30th, 2010
Center for Creative Growth & Healing

Art Wisdom

Are you ready to heighten your awareness of the divine communicating with every aspect of your being?

If you are led to participate in this workshop, you will have the opportunity to experience art as an avenue to explore the wisdom of your mind, body, and spirit. You will be empowered to Integrate insight gained from art experiences to bring higher consciousness and greater meaning to your work and your relationships.

This fun workshop is a result of the collaboration of three professional art therapists who have each developed distinct and unique approaches to utilizing creativity and the powerful language of metaphor and symbolism in art to expand spiritual awareness and intentionality.

Following this experiential workshop you will have a variety of creative tools you can use to deepen your connection with your spiritual self and honor your inner truth.

Goals:

- Experience life energy connection and the divine.
- Learn ways to engage inner guidance.
- Gain increased ability to identify and meet personal needs.
- Explore strategies for overcoming obstacles and implementing insights inspired by inner truth.

Outline

Session I. Kayra will help participants open up the conversation with their natural wisdom. During this session participants will utilize the spirit deck and their own art responses to shift out of their logical, rational, organized mind and let their creative spirit be engaged.

Session II.

Laura will help participants attend to and honor their emotions in order to open possibilities for healing, growth, and clarity. During this session participants will learn mindfulness, grounding, and art focusing techniques that will allow them to access their intuition on a daily basis.



Session III. Tamara will help participants weave together their thoughts from the previous sessions and create a plan to take their insights home with them and into the world. During this session participants will identify potential obstacles towards implementing their insights and create strong, clear pathways to success through the use of guided meditation, creation of visual images, and participation in group coaching.

Bring Art Wisdom to your group/facility

This workshop can also be offered with existing groups or at your facility. Contact us for details.

Art Wisdom Sign up Form

Sign up for:	Time	Price
<input type="checkbox"/> Center for Creative Growth & Healing 406 Pine St., Suite O Raymore, MO, 64083 (located in Greater KC area)	10 a.m.-5 p.m.	\$125.00

Saturday, January 30th, 2010

Lunch from 12-1 on your own

Contact:
Laura Aube
laura.aube@sbcglobal.net
816-359-1885

Name

Address

E-mail address

Phone

Method of Payment

Check

Money Order

**Registration Deadline is
January 15th, 2010**

Please send payment to:

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