

# Play Day for the Stressed-Out Professional

Do you find it difficult to make time for yourself? Do you say, "But I'm not creative" or "I've got creative burnout"? Would you like a release from the pressure to produce? Here's a way to rejuvenate yourself. This is for business people, artists, teachers, writers, parents or anyone wanting to reconnect with their intuitive, playful self. In a safe, supportive space, you will be led through creativity exercises that allow you to be surprised by your imagination and tap into the goldmine of humor in your daily life.

In this workshop we will learn creative expression by...

- \* Having fun through creative exploration
- \* Listening to the creative self
- \* Learning to enhance rather than limit ourselves
- \* Learning to accept rather than criticize

We will enjoy meditation, expressive art such as creative journaling, collage, and an art project for the non-artist.

Art Therapist, Angie Abbott, and Artist and Workshop Facilitator, Merlene Walker will be your guides during a day of fun and creativity.

**CEU's will be available for LPC's, Social Workers and Nurses Type II**

## Schedule for Creative Workshop

9:30-9:45	Meditation and Yoga Stretches
9:45-11:30	Creative Journaling and Sharing
11:30-12:30	Lunch
12:30-2:30	Collage (Build Your Dream)
2:30-2:45	Break
3:00-4:00	Art Project
4:00-4:30	Closing with Affirmations

Fill out from online and email or fax to number below

Name (Mr./ Ms.) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Phone registrations may be made with a credit card.

Visa/M/C \_\_\_\_\_

Expiration \_\_\_\_\_

Your signature \_\_\_\_\_

**Fee: \$150 includes lunch, snacks, coffee, and tea. Bring pen, journal and colored felt pens. Everything else will be supplied.**

**Date: August 30, 2008**  
**Time: 9:30-4:30pm**  
**Place: 617 Loch N Green**  
**Arlington, TX 76012**  
**(817) 459-4411**

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