

Mind Body Institute

A Bridge to Better Health

The Zen of Paint *Painting for Process*

No painting experience or art background is required



- *Discover your own rich visual vocabulary*
 - *Connect with your creative self*
 - *Get tuned into your intuitive voice*
 - *Meditate in color*
 - *Paint in 'no-mind'*
- *Experience the brush as a powerful tool to self discovery*

Sarah Pattison, facilitator, offers this fun, new class for anyone. Artists and non-artists who are looking to expand their inner horizons and open up new energies to life are invited to attend.

\$125 (includes materials) (\$25 non-refundable deposit)

Space is limited. Pre-registration is required.

706-475-7329

www.armc.org/mbi



Athens Regional
MEDICAL CENTER

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