

Body Healing Workshop



Headache Angel by Sophie's Gallery artist Pamela Ley

Sunday, October 9th
1:00 a.m. to 6:00 p.m.
\$60 (All materials included)

Once illness, chronic pain, addiction, weight changes, or physical loss is being managed, new issues can surface. I help create a safe place for you to explore your personal story of loss and begin your unique path to a new relationship with your body.

The arts are a valuable resource to hold the range of feelings that arise, help rebuild trust with your body and reconnect to your strength and joy.

In a safe and supportive setting you will have an opportunity to begin to:

- Build a new relationship with your body.
- Express feelings of anger, grief, disappointment, helplessness, relief, joy and more.
- Identify where in your body stress lives and practice relaxing.
- Turn your attention from regret and worry to what you want to create today.
- Explore more body awareness and pleasure.
- Deepen the experience with simple art offerings.

NO ART EXPERIENCE NECESSARY!

About Tish McAllise Sjoberg, M.A.

I use Expressive Arts to help people communicate, build relationships, and find resources within themselves to create change. As a survivor of breast cancer, I have experienced the loss of trust with my body as well as the process of building a new, authentic relationship. I earned my degree in Expressive Arts Therapy from the European Graduate School in Switzerland and have had a private practice in North Park since 2004.

Expressive Arts @ 32nd & Thorn

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Call for info or to reserve a space:

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