

# 2019 NEW YEAR VISION AND ART THERAPY WORKSHOP

With Lilla Ohrstrom and Erin Brindle

Explore your 2019 journey through a continuing art-based adult workshop, which offers nurturing ways to blossom your soul!

SATURDAY, JANUARY 12 FROM 10:00 AM TO 4:00 PM

Youngblood Art Studio

6480 Main Street

The Plains VA 20198

**Give yourself or a loved one the gift of wellbeing**

Saturdays January 12, April 6, September 7, and November 9

\$150 per session

**Early bird special \$400 for the four session 2019 course if you sign up and pay by December 10th 2018. After that the Cost is \$500 for the four session 2019 course**

**Sign up now. Space is limited to 10 adult participants. Must have four to run the workshop**

## DETAILS

- We will meet 4 times over the course of one year to support your journey.
- Optional intermittent meetings can be arranged for an additional fee.
- We will be doing several projects using clay and collage materials, not necessarily together. The intent of the work is to help people define their goals for the year and sort out how to reach for their dreams. Tuning into self awareness and asking important questions like ...
  1. What am I leaving behind in 2018? (ie, anger, stress, old habit, relationship, etc)
  2. What do I want to hold onto in the new year? What do I need right now in my life? What space am I creating in my life?
- We will envision through meditation and create, in clay sculptures, your life goals in areas of relationship and love, work, play, and health. Meditation and Art making allows recognition of metaphors that come from your unconscious mind. you will have support in recognizing your true journey.
- The quarterly meetings are designed to keep you on track and to develop your practice.
- Welcome begins at 9:30 followed by a slow and deliberate walk we call "mindful walking" beginning at 10:30. The rest of the day is filled with art making supported by two art therapists.

- Please be on time so as to begin the workshop in a calm and centered way. wear layered clothing so you can be comfortable walking outdoors as well as working indoors. The studio is heated, a sweater or vest indoors is recommended.

#### REGISTRATION

- If you have questions specific to what is happening in this workshop ask Erin Brindle, [newcreations.dc@gmail.com](mailto:newcreations.dc@gmail.com) or call 202-213-2476.
- To register for the workshop or ask questions about this or other art therapy desires contact Lilla Ohrstrom 540 270-0402 [lillaohrstrom@gmail.com](mailto:lillaohrstrom@gmail.com) . Put "vision Workshop" in the subject line.
- Or sign into contact us at [www.youngbloodartstudio.com](http://www.youngbloodartstudio.com) and leave a message
- Payment in advance is requested to hold your place if the workshop is canceled by the organizers you will get a full refund. If you cancel before Jan 12 you will get a 50% refund. A check can be mailed to

Youngblood Art Studio  
PO Box 265  
The Plains VA 20198

Please include your name and contact information if you wish to be registered by mail or let us know you have a friend that we will happily reach out to.

We appreciate your commitment to wellness and we look forward to assisting in creating structure for the new year. Please share this information with a friend who might be interested.

Sincerely, Lilla and Erin

Erin Brindle, ATR-BC, LPC  
Workshop leader  
Lilla Ohrstrom, AT  
Owner of Youngblood Art Studio

540 270 0402