



Neurographic DRAWING

RELEASE PAST TRAUMA, SET GOALS

This mindfulness drawing meditation was discovered and developed by Pavel Piskarev, a Russian psychologist and architect that coined the name neurographic art. **NeuroArt** is an artistic approach to transforming negative emotions and taking “the edges off” our internalized stress. This special drawing technique helps to link our conscience with the subconscious by activating connections between our brain cells – neurons – thus offering the key to infinite sources of energy available through our brains. There is “no artistic ability is required” and it is fun!

BeBest.com

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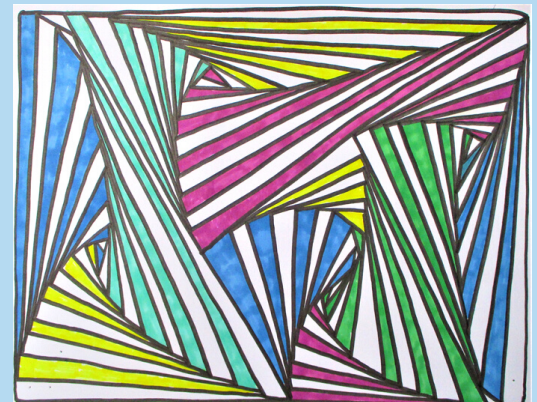
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BODY/MIND THERAPIST, ARTIST, SPEAKER

Line Illusion DRAWING

LULL THE MIND INTO FOCUSED CALM

This easy one-line technique repeated in a pattern creates surprisingly complicated-looking results. People are amazed at the final drawing as it is completely unpredictable to the new student. The repetitive process is so simple and “straightforward” that it becomes hypnotic thus lulling the mind into a calm focused state. Rest the over-worked mind and learn how to relax. **Line Illusions** are another fabulous “no artistic ability required” drawing method.





Creative Sparks

IGNITE THE BRAIN

UNLEASH YOUR CREATIVITY

"Play is training for the unexpected."

~ Marc Bekoff

"Creative Sparks" is a concept and phrase that Patt coined to get people open and receptive to out-of-the-box thinking.

As a graduate of the Commercial Actor's Studio in LA and with a background in Improvisational Theater, Patt leads groups in various activities that get their brain cells firing through imaginative fun.

Here is a sampling of some of the "Creative Sparks" activities that she facilitates: *Exquisite Corpse, Telephone Drawing, Random Poetry, Advertising Pitches, Excuses to the Principle, What's On My Graphic T-Shirt, The Gossip Game, One-word Convo Strings, "Stories", Only Questions, and many more.*



LAUGHTER YOGA INTERNATIONAL

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"Almost all creativity involves purposeful play." - Abraham Maslow



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Integrative Medicine Alliance

AOBTA Pulse

Laughter releases endorphins, giving us the 'feel good factor'
Acts as an oxygenator to all the cells of the body
Unleashes inhibitions, breaks down barriers
Great team building tool, encourages better communication
Helps boost our immune system which helps us resist disease
Tones muscles, improves circulation w/o twisting into a pretzel
Encourages positive thinking and creativity
Relaxes the whole body by reducing stress and tension

*Laugh the Way
Out-of-the-Box*

