

"Art Happenings* - No Artistic Ability Required"



Delacomania (Ink Blots): The Victorian Parlor Game "Blotto"

We start with a fun exercise in 'What Do You See' then get to playing with creating our own ink blots. We then find the Gobolinks (little creatures and symbols within). If time permits we put pen to paper and create a short verse.



Neurographic Drawing: Release Past Trauma, Set Goals

NeuroArt is an artistic approach to transforming negative emotions and taking "the edges off" of our internalized stress.



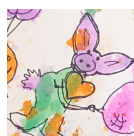
Line Illusions: Lull the Mind into Focused Calm

This easy one-line technique repeated in a pattern creates surprisingly complicated-looking results. The repetitive process is so simple and "straightforward" that it becomes hypnotic.



Pen & Ink Mandalas: Order the Chaotic Mind

With simple lines, dots and dashes balance the left and right sides of your brain with these circular symmetrical patterns. It is easy and fun to watch your personal mandala emerge onto the paper.



Hirameki: "Flash of Inspiration" (Japanese translation)

Hirameki is the colorful art of turning a random blob into something amazing, just by adding a few dots and lines.

"Release Your Genius with Creative Sparks Activities"

Each gathering starts with warmup activities to get the group fired up and ready to create together.



Exquisite Corpse: A game in which each participant takes turns writing or drawing on a sheet of paper, folding it to conceal his or her contribution, and then passing it to the next player for a further contribution.

Telephone Drawing: Add hilarity to the game child's game "Telephone" with paper & pen. Just like gossip and rumors this activity always ends in something different than how it started.

Ask about a full session of improv games and activities!

"Special Group Happenings* to Help You Feel GOOD!"



Relief at Your Fingertips: Learn to Press Your Points instead of Pushing Your Buttons. This enlightening and educational seminar is packed full of simple needle-less Acu-point techniques to enhance your physical, mental and emotional well-being.



The Power of a Smile: This is a truly unique offering incorporating group Laughter Yoga** and interactive demonstrations of how to protect yourself from energy vampires, zip up your energetic raincoat and balance yourself in a chaotic world. You will walk away with new tools to keep you smiling. And an added bonus – an Angel Walk/Verbal Hug segment.



*** Laughter Yoga "combines laughter with yoga breathing exercises . . . It approaches laughter as a body exercise so it is easy to laugh even if you're depressed or in a bad mood. I've tried it, and it works." - Oprah Winfrey*
Increases blood flow and oxygen to all the major organs Enhances endorphin levels which make us feel uplifted and reduce pain.
Stimulates immune, digestive, and cardiac systems Reduces stress levels.

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