

Art Therapy ~ Mindfulness ~ Kundalini Yoga

BRAINSCAPES



CALMING THE NERVOUS SYSTEM TO EXPAND OUR CAPACITY FOR MEMORY

Session II- Saturday June 15, 1-5 pm \$75

7015 MACLEOD TRAIL SE

What are the layers that come in between us accessing information we know is in our mind? In this workshop using Art Therapy, Kundalini Yoga and Somatic Experiencing, we will work with the neuroplasticity of the brain to develop skills required in uncovering these layers of the monkey mind so you may access information when you need it. Taught by certified Art Therapist, Kundalini Teacher and Somatic Practitioner Charmaine Husum (Livdeep Kaur).

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