



Self- Care, Art Therapy Techniques and Energy Hygiene with Amanda

(Wednesday June 21, 2023 – Summer Solstice – at 19:30 h or Saturday June 24, 2023, at 11:30 h – Spanish Time)

In this free introductory one-hour workshop, we will be addressing the importance of self-care and energy hygiene. Whether you are a clinician, work in the medical field, are a school/yoga teacher, care for a loved one or simply interact with many individuals, it is important to be aware of how different energies can affect us. Awareness and self-care are vital in order for us to be fully present and empathic towards others and ourselves. This class is especially designed for sensitives and empaths.

We will begin and end with a creative art directive to help assess our energies so be sure to have some art supplies handy (colored pencils, markers, ...). Please note, anyone can participate. **You don't need to be an artist or consider yourself to be creative to participate as the focus is on the creative process, self-awareness and self-compassion.**

Amanda is a clinical art therapist and licensed psychotherapist (in California) with an emphasis in Marriage, Family and Child Therapy. For the past 25 years, she has worked in diverse mental health settings ranging from out-patient mental health clinics to inpatient medical and psychiatric hospitals. Amanda currently provides CBT (Cognitive Behavioral Therapy) via tele health.

Please feel free to pass on this information to people you think might benefit from this class. **To receive the accompanying zoom link, please go to www.FlyingColors.Life** and fill out the contact information form under "contact me." You will then receive the Zoom link.

Thank you! We look forward to seeing you soon!

