



Care of the Artist Within: Seeking Authenticity & Refuge

4 week course: Wednesdays: Sep 20, 27, Oct 4, 11
6:00 — 9:00 pm

This workshop is designed to provide participants an opportunity to shed unhelpful rules and/or aesthetics about what makes a piece of artwork a credible and/or valid form of expression. This four week course is ideal for both artists and non-artists alike, who are looking for a space to fully engage in the creative process, free from the pressures of conventional judgment and/or competition. You will be invited to playfully seek out new forms of meaningful expression and inspiration through a series of exercises utilizing guided meditation, movement, sound, storytelling, and visual art making. Basic art materials will be provided.

Workshop Goals:

- Discover new ways to use art making to relax and find joy in life.
- Gain confidence in your creative potential.
- Learn to play again!
- Give voice to your artistic spirit.
- Break free of creative blocks.
- Develop habits to promote artistic expression.
- Reconnect with the artistic part of who you are.
- Be inspired!

Class Fee

Carnegie Members:

\$120

Carnegie Non-members:

\$150

Pre-registration required.

These classes are made possible in part by the City of North Tonawanda and the Members of the Carnegie Art Center.



Carnegie Art Center

240 Goundry Street
North Tonawanda, NY 14120
716 694 4400
www.carnegieartcenter.org



INSTRUCTOR: *Lisa Horlein, LCAT, ATR-BC is a registered board certified Art Therapist and Licensed Creative Arts Therapist. Ms. Horlein is committed to creating enriching experiences that inspire and transforms lives. Over the course of her career, Ms Horlein has lead numerous workshops and presentation on the topic of the arts and healing.*

Registration Form (pre-registration due by Sep6, 2017)

Please fill out ONE registration form per person and mail form and payment to:
Carnegie Art Center, 240 Goundry Street, North Tonawanda, NY 14120

		Member	Non-Member
Care of the Artists Within		\$120	\$150
Carnegie Membership	Individual	\$30	
	Total		

Name _____

Address _____

City/State/Zip Code _____

Telephone _____ Cell Phone _____

Email _____

____ Add us to Carnegie Art Center's mailing list.

Carnegie Member? Yes _____ No _____