



Ruth Hamilton, MA Ed.

Brings you:

Watercolor for Emotional Healing

Friday, August 18, 10 a.m. -12 noon

Health Touch, Durham, NC

Join Ruth Hamilton for an insightful workshop that will show you the connection of colors, imagery, and watercolor to emotional healing. You'll experience the power of colors to affect your emotions. The element of water will help you connect to the unconscious and to the soul's wisdom.

In this workshop, you will:

- Access the healing imagery of the body
- Recognize the emotional impact of various colors
- Transform through the wash watercolor technique

Ruth is an Expressive Arts counselor and studied at Rudolph Steiner Institute. She received certification in Expressive Arts for Healing at Salve Regina Institute, Newport, RI. Ruth is available for private and small group sessions at Health Touch. Visit www.ArtsCanHeal.com or call (919)544-2370 to find out more about Ruth.

To register for this workshop, please send a non-refundable check for \$20 payable to Arts Can Heal, 3500 Westgate Drive, Suite 504,A-3, Durham, NC 27707. Register by Aug. 10 and receive a copy of Ruth's book, *Laugh Lines*. The workshop is held in the classroom at Health Touch. For a map, access www.ArtsCanHeal.com. Marilyn Shannon of Dialogue Inc, will also be available to demonstrate how with HeartMath's Interactive system you can paint a computer picture using your heart's healing properties. Find out more about Marilyn at www.powerofdialogue.com.