

WORKSHOP

Healing our wounded Child

Movement – Dance – Drawing – Active Imagination – Creative Writing



- "If you want to find your soul, you risk encountering yourself." -

The child within sleeps in all of us: It is the original source of our creative Self, the impulse that makes us meet life with a joyful "yes".

Has the access been buried to this divine, life affirming child within?

Courage and trust will enable you to face your inner shadow. Leading you with active imagination, you will come upon the hidden, yet painful wounds of your childhood.

The wounded child in you is calling out for validation and loving support. With drawing and dance you will enable it to express its feelings. This will lead you in a transformational process towards your divine, creative child again.

When: see actual date under calendar www.dimutara.com

Friday 6-9pm Saturday 10am-5pm Sunday 10am-4pm

Where: at Dimutara, 9509 Sand Creek Rd., Grand Forks BC

Cost: \$ 300.-, course repeated \$ 220.-

Take along: notebook, pen, oil pastel, personal photo of your early childhood, comfortable clothing for movement, drawing pad will be provided

Register: by email dimutara@gmail.com

Participants limited to 12, please register early.

Elisabeth Guentert Bay is a registered Expressive Arts Therapist BCATR, holding a MA in Psychology and Healing Arts. She graduated at Tamalpa Institute as a Halprin Life-Art Practitioner and Movement Ritual teacher. She worked over 20 years with individuals and groups in her private practice, in psychiatry wards and clinics. She has given numerous workshops and seminars in nature as well as in indoor settings. "It is my intent to combine arts and healing, in other words to awaken our creative energy for our own healing."