



## REGISTRATION FORM

Workshop Fee: \$125, includes light breakfast, lunch, and art supplies. Bring your own art journal. Contact Julia for local hotel accommodations.

Send completed registration form and check made payable to **Julia Riley** by **November 15, 2010**

### Or call to pay by Credit Card

Register with Julia Riley

PO Box 438, Ellenton, FL 34222

941-776-8024 [Julia@constantsource.com](mailto:Julia@constantsource.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

Workshop Minimum is 8, Maximum is 12

BONUS: Register with 3 friends and receive a free artful gift



**Julia Riley, RN, MN, AHN-BC, REACE, Certified Sage-ing® Leader,** has been facilitating expressive arts processes for self-care and professional practice for 15 years. She has facilitated expressive arts in healing in hospice and teaches Expressive Arts in Healing, at the University of Tampa, a nursing and art elective. Julia integrated expressive arts in her text, *Communication in Nursing*, 6<sup>th</sup> edition, Mosby, St Louis, 2008. Her newest book, *Art in Small Spaces...art at the Bedside, CSP*, 2010, is a guidebook for self discovery and facilitating this work with others. Her background in mental health and holistic nursing is a foundation to help people begin as early as midlife to creatively approach aging with a sense of wonder and awe and excitement...



Contact Julia at 941-776-8024 or [Julia@constantsource.com](mailto:Julia@constantsource.com)

Visit our website at [www.constantsource.com](http://www.constantsource.com)

For more on Sage-ing® Visit the Sage-ing Guild's website at:

[www.sage-ingguild.org](http://www.sage-ingguild.org)

## A Day of Expressive arts:

An Expressive Arts Sampler...for life reflection and meaning making in the Second Half of Life

**Friday, January 21, 2011,  
8:30AM-4PM**



What's next in your Sage-ing® journey?... approaching aging as a time of deepening wisdom, continued learning, and expanding possibilities... and harvesting life's wisdom as a legacy for future generations...

### Facilitated by:

Julia Riley, RN, AHN-BC, CSL

*At Dayspring Retreat Center*

*8411 25<sup>th</sup> ST E, Parrish, FL 34219*

[www.dayspringfla.org](http://www.dayspringfla.org)

## *Agenda*

Registration and breakfast: 8:30

Workshop: 9AM -4PM

Expressive arts in healing

Visual journaling

Visual arts creative expressions

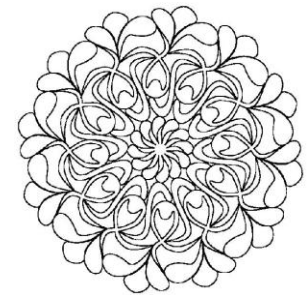
Processing inner wisdom

Expressive writing processes

Engaging others in the expressive arts

Moving meditation...walking the labyrinth

Resources and networking



**The expressive arts are a variety of modalities to Access, Release, and Transform stressful emotions that impede the immune system function and diminish the relaxation response.**



## *Workshop Benefits*

- Engage in expressive arts invitations for creative self-expression
- Connect with your inner wisdom through the expressive arts
- Build a community with others who want to integrate the expressive arts in their own lives and with the people they serve.
- Integrate the expressive arts in your own Sage-ing journey
- Take away techniques you can apply immediately to nourish yourself and others, physically, emotionally, mentally, socially, and spiritually

### **Who should attend?**

Anyone interested in learning to use creative expression for self care and in facilitation with others. Sage-ing leaders or leaders-in-training who want to offer expressive arts processes in their work. Elders, near elders, clergy, caregivers, social workers, nurses, educators and anyone who is interested in conscious aging

**This is a day offering at DaySpring** with no sleep rooms reserved at the center. For information about local hotels, contact Julia.

### ***In this workshop, you will:***

Explore a variety of creative invitations for self-discovery, healing, meaning-making, and legacy work.

Consider what's next as you explore the passion and mystery of the un-lived life.

And SURPRISE yourself with creative expression

No artistic experience needed!



Bring a sketchpad or art journal and you might also want to bring any art materials you like. Art supplies and all other supplies provided for the day.

Dress comfortably.

Consider inviting friends and colleagues to join you for a day just for yourselves to play and create in a setting of peace and natural beauty



***The expressive arts provide a safe haven to help us to know ourselves and move toward wholeness.***