



REGISTRATION FORM

Workshop Fee: \$125, includes light breakfast, lunch, and art supplies. Send completed registration form and check made payable to **Julia Riley**

By MONDAY, November 16, 2009 to:

PO Box 438, Ellenton, FL 34222

941-776-8024 Julia@constantsource.com

Name: _____

Address: _____

City/State _____

Zip _____ Phone _____

Email: _____

Workshop Minimum is 8, Maximum is 12

BONUS: Register with a friend and you both receive a free artful gift



Julia Riley, RN, MN, AHN-BC, CET®, REACE, has been facilitating expressive arts processes for self-care and professional practice for 15 years. Her Sage-ing journey led her to facilitate expressive arts in healing for hospice patients, families and staff and to create an undergraduate course, Expressive Arts in Healing, at the University of Tampa, a nursing and art elective. Julia integrated expressive arts in her text, *Communication in Nursing*, 6th edition, Mosby, St Louis, 2008. Julia is a Certified Expressive Therapist and a Registered Expressive Arts Consultant and Educator, through the International Expressive Arts Therapy Association. Her background in mental health and holistic nursing is a foundation for her commitment to helping people begin as early as midlife to creatively approach aging with a sense of wonder and awe and excitement...exploring the passion and mystery of the un-lived life

Contact Julia at 941-776-8024 or Julia@constantsource.com

Visit our website at www.constantsource.com/elder.htm

Visit the Sage-ing Guild's website at: www.sage-ingguild.org

Join us for an ART-full Sage-ing,
Pre-conference day,
Friday, January 22, 2010,
8:30AM-4PM



Expressive arts:
Discovering What's Next in your Sage-ing journey

Facilitated by:
Julia Riley, RN, CSL, SCF
Certified Expressive Therapist
Registered Expressive Arts
Consultant and Educator

At Dayspring Retreat Center
8411 25th ST E, Parrish, FL 34219
TEL 1-888-314-5744, toll-free

FAX 1-941-776-2678
www.dayspringfla.org

Workshop Benefits

- Engage in expressive arts processes 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.
- Learn to be a “Storycatcher” for yourself and others
- 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

Agenda

Friday, Jan 22

Registration at 8:30AM

9AM -4PM

What’s in a name?

Expressive arts in healing

Visual journaling

Visual arts creative expressions

Processing inner wisdom

Expressive writing processes

Storycatching for meaning and legacy

Personal storytelling for healing

Engaging others in the expressive arts

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



In this workshop, you will:

Explore a variety of techniques to process and honor your life

for healing, meaning-making, and legacy work.

Consider what’s next as you explore the passion and mystery of the unlived life.

No artistic experience needed!

Caution: you might suffer from excessive joy and laughter during this workshop

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