



Mindfulness...the simple practice of becoming aware.

Artists describe their personal art making processes as a release resulting in a state of relaxation as well as an innate drive to discover, uncover, and bring into awareness the parts of themselves they have longed to demystify and with which to reconnect.

This experience is not exclusive to artists: Individuals who do not identify as artists are also able to meditate, achieve states of heightened awareness, and reconnect with the Self through a mindfulness-based guided process of painting, reflective breath work, and journaling. Often times, we simply feel lost and are not quite sure how to begin. —

This Painted Meditation workshop was designed by art therapist, painter, and continuing mindfulness student Michele Rattigan, assistant clinical professor, to assist those interested in finding a place to start.

Mondays from 12:15 p.m. – 12:45 p.m. (must call ahead)

**Drexel Parkway Health and Wellness
1601 Cherry Street, 2nd floor Philadelphia, PA 19102**

Make a donation towards art supplies

Participants must be at least 18 years old.

For more information and to reserve your spot
please call [215.553.7012](tel:215.553.7012) or email mdr33@drexel.edu.

