

# The Art of Self Care

## *Restorative Yoga & Art Therapy*

Spend four hours of nurturing your body and spirit in this workshop with Restorative Yoga postures, followed by creative expression through art. *Experience how to live more creatively, more fully, and more in the moment...*



Rest and relax deeply, nurture yourself through deep stretches and Restorative Yoga postures to rejuvenate you. Learn to cultivate loving kindness and

care through your inner experience of understanding how to tame your mind and honour your heart and spirit.

Puja Sue Flamm (Susana), 500 ERYT, Bestselling Author of Restorative Yoga with Assists in English and Spanish, Yoga Teacher and Massage Therapist has been teaching yoga for more than 30 years. She has led yoga around the world.

Devoted to her students, her teaching encourages stress release physical opening, strengthening of the muscular and organ systems, bridging interconnections within, deep relaxation and the cultivation of loving kindness.



Douglas Amonite is a Canadian Psychotherapist and Art Therapist now living in Valencia, Spain. In addition to private practice, he lectures on

the benefits of creative expression through art therapy as a guest speaker, facilitates art therapy based workshops, and has presented his work internationally.

Art Therapy is a creative form of expression that uses artwork to express thoughts, feelings, and significant life experiences, with relevance to the image. It's a form of expression that focuses more on the process than the finished product.

No artistic experience is required.

*"Art has the ability to to speak in a language that is easily understood."*

**Join us on Saturday, October 14, 2017 from: 10am-2pm  
at Pilates Plaza: [www.pilatesplaza.es](http://www.pilatesplaza.es)**

**Fee is 45,00 € per person. All art materials are provided.**

*For more information, please call Sue at: 664 734 000*

*or contact Douglas at: [dougamonite@yahoo.com](mailto:dougamonite@yahoo.com)*

