

CHARYM

ARTISTIC VISION QUEST with Michele Murelli & Suzanne Mazzarelli

"We are not human beings on a spiritual quest, but spiritual beings on a human quest."

NOVEMBER 21ST, 2009 - 1p to 4:30p

A **CREATIVE & SPIRITUAL ARTISTIC EVENT**, this one-day workshop designed to help you **FOCUS** on & **ATTAIN** your dreams. This workshop will **CREATE A MEANINGFUL ENCOUNTER WITH THE SELF** to help you **ORGANIZE YOUR WISHES AND ACTUALIZE YOUR VISIONS**. Meditation is discovering who you are at the level of your soul. Give your soul a visual voice.

You are invited to come to a workshop where you will **EXPLORE MEDITATION AND YOGA TO ENVISION YOUR GOAL**, and then **MAKE A PERSONAL ICON**, an altar, a shrine, a focal point that you will sanctify and use when ritualizing your visualization practice for achieving your goals...a visual prayer...an empowering experience.

Materials for art making will be provided. You are encouraged to bring any personal sacred objects, images, quotes, or writings to incorporate into your piece.

ART SKILLS ARE NOT REQUIRED. JUST BRING YOUR SPIRIT AND YOUR OPEN MIND.



MICHELE MURELLI was born and raised in Torrington, CT. She began painting in oils when she was 10. In 1979, she earned a BA in Psychology, with a concentration in Art Therapy from Albertus Magnus College; and then went on to Lesley University in Cambridge, MA where she received an MA in Expressive Therapy, specifically, Art Psychotherapy, in 1981. In 2003 she became certified to teach art in Connecticut.

Michele puts this into practice in her work as the Art Therapist for the Wellspring Foundation in Bethlehem, CT. She feels that there is a spiritual and mystical component to the work that art therapists do, reconnecting the human client to their higher, truer selves; their souls, which speak to us through our visual voice. In Art Therapy, individuals learn their own symbol systems, decode themselves, and unearth personal artifacts, in fact becoming their own emotional archeologists. At Wellspring, Michele is also the art teacher for the Arch Bridge School, which is part of the Wellspring Foundation. She endeavors to teach the young people how to use their visual voice to translate their experiences.



SUZANNE MAZZARELLI began to get serious about yoga 9 years ago when she faced debilitating back pain. Thanks to gifted Anusara teachers and the incredible healing power of yoga, she is now joyfully and mindfully living her practice both on and off the mat!

She brings compassion, sweetness and enthusiasm to her classes that flow through traditional asana. The focus is on precise alignment that strengthens the body and a heartfelt theme that invites celebration, self-inquiry & a sense of wonderment. She aims to help her students recognize shri (beauty) in themselves & the world around them...

Suzanne teaches classes at Charym Body Temple, Mondays at 5:15p and 7:00p.

TUITION: \$40
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TO REGISTER: PLEASE CALL US AT 860.567.7795 OR EMAIL US AT INFO@CHARYM.COM.

CHARYM BODY TEMPLE

Bringing Yoga, Sacred Movement, Bodywork + Beauty to the World

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www.charym.com