

# Paint Your Art Out™

bringing meditation, creative visualization, healing and artwork together



with

**Delcia McNeil**

psychotherapist, subtle energy  
healer & artist

Just imagine having a day in a space with where you feel safe and supported and free to express yourself. And imagine experiencing yourself becoming comfortably relaxed through hearing soothing music and gentle meditative words. See yourself discovering whole new things about yourself.

## **Our theme will be Painting Emotions**

Our experience of our emotions can be expressed in colours, shapes and movements. Today we will explore our own unique way of using creativity to free ourselves of difficult emotions and celebrate the positive ones.

Sunday 18 March 2012

10.00am – 4.30pm

Flat 2, 56 Queens Avenue, Muswell Hill, London N10 3NU

### **Recent feedback from participants:**

*"I liked the friendliness, and I enjoyed the new freedom I felt when I put brush to paper.*

*"Great fun, great depth" "Brilliant, accessible and informative ... helped me be freer"*

*"It was a spiritual experience for me; it has given me a release and a sense of optimism, wonder, anticipation, energy ..." "This workshop feeds the soul."*

**fee: £80 (includes a range of materials and you also bring your own). To book your place send a non-refundable deposit of £35 to Delcia McNeil at 5 Woodlands Close, Storth, Milnthorpe, Cumbria LA7 7JH The group is limited to 5 people.**

**Delcia McNeil** has forty years experience of working with the public in a variety of settings, including social work. She is a psychotherapist, registered with the UKCP (United Kingdom Council for Psychotherapy) since 1994 and has been a registered healer for twenty six years. She is a teacher, trainer, and published author. Delcia has been painting and drawing all her life and has been exhibiting & selling her own artwork for the last eleven years. In 2004 she successfully completed a full time art & design diploma course at Kendal College. She is an associate member of the Green Door Artists in Kendal, and regularly exhibits in galleries in the North West & London.

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