

All are welcome to an empowering session of

Drumming and Art!

Fill yourselves from “inside out” and master your emotional energy. We’ll use exuberant, creative and structured drumming to release pent up energy. Our group drumming will be followed by an “insight oriented” art process that will ground this experience into your bones. These “body centered” exercises are very effective for people of all ages wanting positive change in their emotional environment. They provide a rich, insightful space in which friends and family members can newly appreciate each other and return home feeling **ALIVE and EMPOWERED.**

Sunday, January 29, 1 PM to 3 PM

St. Therese Chapel
9525 W. Bluemound Rd.
Milwaukee, WI 53226
414-771-2500

Good Will Offerings Accepted

Contact Mary Radspinner for more information: msrad@sainttheresemilwaukee.org

Facilitated by Sandra Zahn

Ms. Zahn is a Registered and Board Certified Art Therapist. She is a National Education Consultant for Pre K- College and American Indian Tribes Community Consultant

