

A Self-Care Workshop with James Ballard
I-Care, We-Care...What's Best
for You and Me

(Why being your No.1 priority helps all of us)

Dear Participants,

Good news! Who we are and what we do, singly and together, does make a difference. Supporting this is what *I-Care, We-Care* is all about.

This heart-centered workshop focuses on *Self-Care* for ourselves and *We-Care* for the community of spirit we share with others. We'll participate in pairs and as a group, using sound, along with movement and visualization, to re-enforce our connection with Source, our entire Selves and each other.

We respond most powerfully to our kindest voice—the one that can hum a lullaby, say “Ah!” with love and delight, and sing with joyful abandon. We'll use this voice to clear and balance our auras, chakras and energy systems; mirror for one another who we truly are; sing affirming songs as a group and lullabies in pairs. And much more. Love and blessings, **James**

PS *There will be homework!—and materials for a self-care altar.*

Where: The Maine Holistic Center, 81 Main St., Bangor, ME
When: Sunday, October 9, 2016 from 6:30-8:30 pm
Cost: \$20 (pre-register); \$25 at the door. (*Scholarships may be available.*)

Note: The Maine Holistic Center is a smoke- and fragrance-free facility. Wear comfortable clothing and bring a water bottle.

About James Ballard: James has a long history of using sound and music for healing. Through his recordings and live performances, his compositions and personal sessions, he's touched the lives and hearts of many people. *“This past year brought me face-to-face with my own lack of self-care. I get it now—no more 2x4's to the head needed!”*

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