

FOR IMMEDIATE RELEASE

Date: Wed., June 28, 2017

Contact: Eileen Mielenhausen, (207) 441-2785

Art from the Heart and **Sound** for the Soul:

A Healing & Expressive Arts Workshop

A new collaborative workshop, **Art** from the Heart and **Sound** for the Soul, will be offered on Tuesday, July 11 from 1:00-4:00 pm at the Unitarian Universalist Church of Ellsworth.

Would you like to explore new ways to light your creative fire? Are you feeling stuck or blocked? Unable to let go? Or wanting to reclaim your “voice” and sense of self-expression? Go deeper as you experience the healing powers of creating sound, making art, writing and sharing in a safe, sacred space. Facilitators Amy Thompson and Eileen Mielenhausen will assist you on this playful journey of your heart and soul.

This program is open to the public. All skill levels welcome!! Art supplies and instruments will be provided.

Cost for the 3-hour workshop is \$45 – or \$40 if you pre-register by July 7. The Unitarian Universalist Church is located at 121 Bucksport Rd. in Ellsworth.

Amy Thompson, MSW, weaves together a love of the natural world through her art and gardening. She is a juried member of the Potomac Valley Watercolorists society and a Master Gardener. Amy holds a Master’s degree in Social Work and has combined her group work experience with her love of art as an Expressive Arts Facilitator.

Thompson says about her programs, “Participation requires no recognizable artistic talent, just a curiosity and willingness to explore personal growth in a new and exciting way.”

Eileen Mielenhausen, MA, has been teaching rhythms and leading drum circles since 1997. She has studied with numerous drummers, including Edgard Gnidehoue of the Ivory Coast, Abdoulaye Sylla and Sayon Camara from Guinea, Layne Redmond, Ubaka Hill, Barbara Gail, and members of Maine's Inanna, Sisters of Rhythm. Eileen sings with Women With Wings in Bangor and Blue Hill’s Misty Mountain Singers. In addition to drumming programs, she also offers individual and group Reiki and sound healing programs.

To register or for more info, please contact Eileen at (207) 441-2785, or eileen.mielenhausen@gmail.com. Registration forms and more info are also available at beaminglightcoaching.com.

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Community Calendar listing:

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with Amy Thompson and Eileen Mielenhausen

Tuesday, July 11, 2017

1:00-4:00 pm

at the Unitarian Universalist Church of Ellsworth

121 Bucksport Rd., Ellsworth

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