

# *A Self-Care workshop with James Ballard*

## *I-Care...What's Best for Me*

(Why being your No.1 priority isn't selfish)

***Dear Participants,***

*I-Care* isn't a luxury these days. It's a necessity. "Put the oxygen mask on yourself before you assist anyone else," says the flight attendant. In this heart-centered workshop we'll use sound, along with movement and visualization, for *Self-Care*.

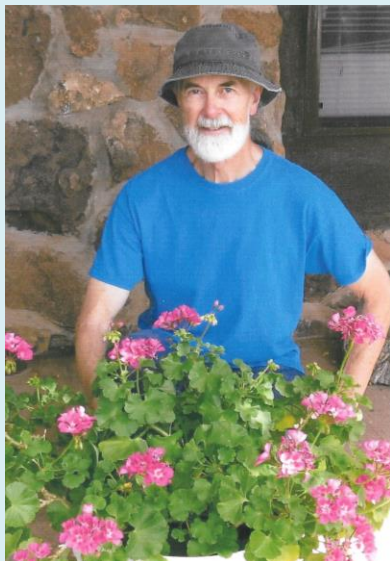
*"Sound is vibration. Matter vibrates. Sound affects matter."* Every part of us responds to the sound of our voice—most powerfully when it's our kindest voice, the one that can hum a lullaby and say "Ah!" with love and delight. And sing with joyful abandon!

In this *I-Care* workshop we'll support who we truly are by using our voices to: clear and balance our auras, chakras and energy systems; sing *Self-Care* songs to ourselves and each other; share what we do, don't do and want to do to care for ourselves. And much more. Love and blessings, **James**

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

**Where:** HeartStone House, 634 Meadow Rd., Hampden, ME  
**When:** Friday, October 7, 2016 from 6:30-8:30 pm  
**Cost:** \$20 (pre-register); \$25 at the door. (Scholarships may be available.)

**Note:** HeartStone House is a smoke- and fragrance-free environment. 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!"*

**Contact Eileen Mielenhausen** at Healing and Expressive Arts Retreats of Maine for details:  
207-441-2785, [eileen.mielenhausen@gmail.com](mailto:eileen.mielenhausen@gmail.com)