



Watercolor for Emotional Healing

Join Ruth Hamilton for an insightful workshop that will show you the connection of colors, imagery, and watercolor to emotional healing. You'll experience the power of colors to affect your emotions. The element of water will help you connect to the unconscious and to the soul's wisdom.

In this workshop, you will:

- Access the healing imagery of the body
- Recognize the emotional impact of various colors
- Transform through the wash watercolor technique

Ruth is an Expressive Arts counselor and studied at Rudolph Steiner Institute. She received certification in Expressive Arts for Healing at Salve Regina Institute, Newport, RI. Ruth is available for private and small group sessions at Health Touch. Visit www.ArtsCanHeal.com or call (919)544-2370 to find out more about Ruth.