



Mindfulness Painting for Self-Expression

Mindfulness Painting is a form of self-expression using paint, paper and brushes that emerges within a safe and transformative environment. In a moment to moment process, you awaken your creative process and connect to your energy source.

No artistic ability required! Experienced Artists are welcomed!

2 Locations

- What: 8 Mindfulness Painting Classes.
- 1st location: **Reston Community Center at Lake Anne Plaza.**
1609 Washington Plaza N, Reston, VA 20190
- When: Starting Mondays September 11, 2017
1:00 p.m. to 4:00 p.m.
- Registration: Contact Reston Community Center at
www.restoncommunitycenter.com
or Walk-in to register now!
- 2nd location: **Woman Giving Back**
20 Export Drive, Sterling, VA 20164
- When: Starting Tuesdays September 12, 2017
10:00 a.m. to 1:00 p.m. (Morning class)
5:30 p.m. to 8:30 p.m. (Evening class)
- Registration: Go to website at www.mindfulnesspainting.com under class schedule to sign-up or call Jody's cell at 571-276-4576

Facilitator:



Jody Tompros, LCSW has been exploring and mastering the art of Intuitive Painting with Judith Forst of Reston for almost a decade. As a practicing psychotherapist of 25 years, Jody has helped thousands of clients transform and heal childhood trauma using a variety of intuitive, energy and cognitive methods. She has been practicing mindfulness meditation for the past 29 years. Weaving all-of-these threads of her life together, Jody has birthed Mindfulness Painting for Self-Expression.