



# 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!*

What: 8 Mindfulness Painting Classes.

Where: Reston Community Center at Lake Anne Plaza.

When: Starting Monday, September 11, 2017  
1:00 p.m. to 4:00 p.m.

Registration: Contact [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)



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 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.

If you are interested in individual sessions or a workshop for your business or church group, please contact Jody Tompros at [mindfulnesspainting@gmail.com](mailto:mindfulnesspainting@gmail.com) or contact me at 571-276-4676.

