



Using the "Arts"

For Health and Wholeness

Saturday, August 12th 9:00 a.m. to 3:15 p.m.

~ A live online workshop using Zoom ~



Keynote: *Enriching our Lives through the "Arts"*

Kat Goheen, BA in Vocal Performance, MA
in Theological Studies and Master of Theology in Biblical Studies.
Certified in Soul Guiding and Soul Mentoring
Certified in Spiritual Direction, Spiritual Formation, and Companionship

Kat will overview life's stressors and challenges, which often create negative or overwhelming feelings. Kat will then highlight various types of "arts" - which research shows are therapeutic, can be used as spiritual practices, help bring about health and wholeness...and enrich our lives.

Opening Devotion: *Leandro Palacios, Applied Mindfulness Certification, and Spiritual Formation Minister at Beyond the Walls Community of Christ - East Canada*

Session 1: *Music "Therapy"*

Hemdah Salonimer-Horner, Master of Music, Nat. Certified
 Teacher of Music

Session 2: *Nature "Therapy"*

Brad Martel Ph.D. in Environmental Studies and
 Lori Martel M.S. in Environmental Education

Hemdah will share the documented benefits of both playing and listening to music, which contribute to greater health and wholeness in our lives.

Brad and Lori will share the documented benefits of "tuning in" to nature, which contributes to greater health and wholeness in our lives.

Session 3: *Art "Therapy"*

Arlene Winslow, Board member of
 Red Bluff Art Association

Session 4: *Prayer & Meditation "Therapy"*

Katie Landry, MSW (Social Work)

Arlene will share the documented benefits of art (both enjoying and making art), which contribute to greater health and wholeness in our lives.

Katie will share the documented benefits of prayer and meditation in our lives...almost like therapy! which contribute to greater health and wholeness in our lives.

Closing Session:

Healthy, Whole Living with the "Arts"

Daniel Harmon, MA Religion Spirituality, Peace Center
 Coordinator, Director of the Center for Living Water

Workshop Schedule (all times CDT)

8:30 – 9:00 *Check-In*
 9:00 – 9:30 *Welcome, Devotion, & Introductions*
 9:30 – 10:30 *Keynote*
 10:30 – 10:45 *Break*
 10:45 – 11:45 *Session 1 or 2*
 11:45 – 12:45 *Lunch Break*
 12:45 – 1:45 *Session 3 or 4*
 1:45 – 2:00 *Break*
 2:00 – 3:00 *Closing Session*
 3:00 – 3:15 *Evaluations and Certificates*

Daniel will encourage us to practice the "arts" of health and wholeness in our lives – AND will close our day with a celebration of the art of music...to lift our spirits!