



Total Learning and Therapy Center  
presents

## Art and Heart

Process Art Classes  
for Adults and Children

### For Adults:

Process Art is a simple process assisting us to access our emotions and channel our intuition. When this process starts, it is reflected in every aspect of our lives; stress reduction, relationship building, expanding creativity and resolving conflicts. Drawing accelerates a kind of "seeing" that allows us to access part of our true nature. Our society focuses on the mind and the doing. Process art focuses on the heart and the intuition.

### For Children:

Our children have busy schedules with many demands. Process art is a gift you can give your children to encourage them to 'let go' and open up their innate creativity. This creativity is essential to the well-being of every individual child. They will experience stress reduction, expanded creativity and flexibility, and the joy of success.

schedule on reverse

[www.TLTC.org](http://www.TLTC.org) 203-268-8852

### For ourselves:

Know yourself and your own learning style in order to know your children and their methods of learning.

Adult classes: Mondays 7 - 9 pm  
max: 8 students per class

### For our children:

Give your children the gift to be free and the opportunity to explore their own innate creativity.

Ages 5-8: Fridays 4:30 - 5:45 pm

Ages 9-12: Fridays 6:00 - 7:15 pm

Ages 13-18: Fridays 3:00 - 4:15 pm

max: 4 students per class

Session I: Jan. 4 - Feb. 27

(no classes week of February 15)

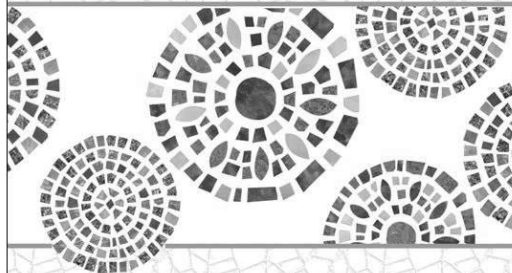
Session II: March 7 - April 17

(no classes week of April 18)

Session III: April 26 - June 12

Cost: \$350 per 7-week session

Location: TLTC, 5893 Main Street, Trumbull



Art and Heart will be taught by Karen Kent, owner of Sacred Brushstrokes. Information about Karen and her experience can be found on our website: [www.TLTC.org](http://www.TLTC.org)

Call 203-268-8852 to register. Space is limited.