

**WELLarts** **SAMPLERS** continue...  
this summer we have been  
creating cards and collages, meditating  
with mandalas, journaling gratitude, and  
will continue with the addition of...Body  
mapping, qigong and drumming. Try ANY  
of these @ upcoming sessions on 8/6, 8/12  
or 8/22.

For those new to the last 3: Body mapping is a “sketch” (in the broadest sense of the word) our intentions for balancing our mind body and spirit.



**Ever feel there's more to your body than meets the mind? Qigong** , when used correctly, circulates your life force energy through your body and activates your cells. As you feel this, your life force energy takes your attention and brings it inward. As it grows, your mind connects to the present moment into total relaxation and calmness. This energy manipulation can be used to heal, strengthen, and nourish your



body. DRUM for your health. Drumming is a universal language...No special skills or musical abilities are required. Join us as we reduce stress, connect with natural rhythms, release negative feelings and work towards boosting brain activity and our immune systems. Using small hand held instruments.

Please schedule your morning session at 10, 10:30, 11, 11:30 or noon.  
Call 302.684.0990, these are fun relaxing activities. ENJOY!