



DECEMBER 28, 2018—JANUARY 1, 2019

Looking Within: Painting as a Spiritual Practice

A creative journey with Damini Celebre

Give yourself the gift of time, introspection, and delight, as you connect to your heart and soul. Painting as a Spiritual Practice uses the intuitive, creative process to connect you back to yourself, your heart and Source energy — one brushstroke at a time. A *spiritual practice* is any way that you can connect deeply with something greater than your day-to-day self.

This intuitive-based painting journey is a powerful spiritual practice, because it invites you to listen deeply to your body, your feelings, and your inner wisdom. Then — by expressing yourself by putting paint to paper — you invite joy, peace, and centeredness back into your life. The aliveness that comes from heart-full personal expression often looks like an abstract painting. That's why no painting experience is needed. All you need is a willingness to take this journey of self-discovery and *play* with paint. All supplies provided. Limit of 16

For over 25 years, **Damini Celebre** has been integrating creative arts to the healing arts. Drawing on her years of experience as an artist, healer and educator, Damini wrote the book *Painting the Landscape of the Soul: A Journey of Self Discovery*, BrushHeart Press, 2014. Damini facilitates expressive art workshops online and throughout the United States.



Accommodations

IF YOU REGISTER BY AUGUST 31

Private room **\$845**

Shared room **\$710**

Commute **\$545**

IF YOU REGISTER AFTER AUGUST 31

Private room **\$885**

Shared room **\$745**

Commute **\$570**

All materials provided.

Materials fee included in price.



*Enjoy an alcohol-free
New Year's Eve
featuring hors d'oeuvres,
home-cooked dinner,
a lively music and dance concert, and
candlelight Meeting for Worship*

Registration

Visit www.pendlehill.org,
or call ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

338 Plush Mill Road

Wallingford, Pennsylvania

610-566-4507 or 800-742-3150 (US only), ext. 137

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