

Center for Art and Healing

Class Descriptions

We are all creative beings--

Come share in the joy of expression and play!!!!

Please call the studio for information and pricing. (772) 978-1697

Alchemy of Art

Introductory course. Journey towards your creative self. Learn steps to creating a spirit-filled life. Learn how to remove blocks, stay focused and live an artful life. Lessons from the Artist's Way.

This class is for anyone who desires to be creative, or to stay on the creative path.

Musicians, writers, painters photographers, and those who are searching for their bliss!

Bring notebook and pen.

Alchemy of Art II

Journey toward the creative self with tools from the Alchemy of Art I class.

Bring notebook and pen.

Angelic Chakra Meditation

Join Regina in calling the archangels to open the chakras for healing.

Angels as Spirit Guides

Discover how to work with your angels in the creative process. Amazing things happen in this class!

Guided angel meditation prior to hands on art work.

Bring your own supplies or you may purchase them at the studio.

No art experience necessary.

Basic Watercolor

Introduction to watercolor techniques.

Great for beginners or those who need a refresher.

Basic Acrylics

Color mixing and techniques.

A great beginner or refresher course.

Basic Faux Finishing

Learn several faux finishing techniques.

Students will take home completed sample boards. Supplies included.

Snacks will also be supplied for class break.

Basic Stenciling

Students will learn techniques with stencils for decorative accents.

Sample boards stencil brush and materials will be supplied.

Chakra Meditation

We will begin with a brief discussion on chakras before exploring ways in which to balance them.

Contacting Your Angels

We will begin class by discussing various ways with which to contact angels and then will practice meditation as a path to reaching your own angels.

Contacting Your Creative Spirit

Spirit guide meditation and art.

Medium of choice. No experience required.

Faux Painting II

Learn new techniques for walls. Students will leave with finished sample boards.

Supplies included.

Get up Your Goddess and Go

Achieve your goals and find the best life possible through affirmations and inspirations of the goddess.

Bring notebook and pen.

Goddess Healing

Great empowerment class! Guided meditation and goddess readings. Meditation and hands-on healing.

Goddess as Inspiration

Goddess meditation and hands-on artwork.

Medium of choice.

Goddess Meditation

Meditation and goddess readings.

Intermediate Watercolor

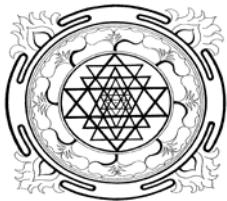
Technique and adding other media in watercolor painting.

Masking, pen and ink and much more!

Intuitive Readings

Please call the studio for more information!

Mandala - Sacred Circle Drawings



*The word **mandala** is Sanskrit, the ancient language of India, and translates as "sacred circle." This circular form, when meditated upon, aids in your bodys natural healing process. We will be accessing personal symbols for healing through sound and meditation and incorporating them in our mandalas. Once mandalas are complete they can be used for personal healing and meditation and should be hung in your sacred space!*

Bring colored pencils. Paper and templates will be supplied.

No art experience necessary!

Children's Mandala for ages 7-12.

Multi Media Painting

Using other media in acrylic painting.

Inks, resist, texture and more!

Painting from the Heart

Students should bring in an object of meaning. We will work in medium of choice, watercolor, or acrylic.

Meditation and hands on art.

Reiki I Certification

Learn to channel healing to friends, family, pets and even plants!

Bring healthy lunch and snack

Abstain from red meat and alcohol two days prior to class.

Dress comfortably.

Reiki II Certification

Learn symbols for healing, smoothing and clearing auras, chakras and more.

Must have Reiki I certification.

Bring a healthy lunch and snack.

Abstain from red meat and alcohol a few days prior to class.

Call Regina to reserve space.

Soul Collage

Adding object to artwork or paper to tell your story or dreams. Regina will guide you in a meditation for visualization prior to hands on work.

Students should bring in symbols, photos, and small objects of meaning for personal collage-- things of meaning to add to your masterpiece.

Great class for expressing your spirit!

Meditation and visualization, plus hands on work. Choice of acrylics or watercolor.

Collage material can also be purchased at studio.

Soul Painting

Access your dreams and visions through you art. Students will be guided through meditation and visualization.

Discover you through color form and feeling.

No art experience needed. Acrylics.

Zen of Painting I

Enjoy the free flow of watercolor! Visualization and hands on art!

Regina guides you through visualization and meditation and lead you in the relaxing free formed way of letting the water and the color flow.

Bring watercolor brushes and watercolor paper or supplies may be purchased.

No art experience necessary.

Zen of Painting II

Adding different mediums to watercolor.

Bring your watercolors, paper, and brushes!

We will explore various techniques for masking and adding mediums to your watercolor painting.

To register call the studio at (772) 978-1697 or [e-mail](#) me.