



2017

7 sessions

Thursdays, 1-5pm

September 21 - November 2

Intake Sessions: August 31 or September 7

BODY/MIND/SPIRIT PRACTICUM

Led by Dr. Chase McMurren

Medical Director, Psychotherapist & Restorative Yoga Teacher

This innovative 7 session psychotherapeutic programme integrates restorative yoga, self-compassion skills and mind-body medicine to cultivate resilience in artists and cultural workers.

"This practicum felt like a spiritual and grounding gym class. A time and space to receive new tools for dealing with the ups and downs of being an artist."

-Practicum Participant

Location: The Al & Malka Green Artists' Health Centre
Toronto Western Hospital
399 Bathurst Street, 3rd Floor, West Wing

Cost: FREE! (with a valid OHIP card)
\$80 deposit, refundable if you attend all sessions

If you can commit to all 7 sessions, find more details at artistshealth.com/aha/workshops