



**inBalance would like to invite you to our next  
Guest Lecture Series Event (Workshop)!**

# Harvest the Field of your Heart

**Experience the healing power of our interconnectedness  
through the field of the heart.**

Do you sometimes feel stressed perhaps disconnected from yourself and at times  
unable to relate to others?

According to the *HeartMath® Institute*, the electromagnetic field of the heart is a field of information that we can harvest to promote a collective state of wellbeing, peace and harmony. **Let's harvest and heal together!**

[Feel empowered, connected, tap into your intuitive insights and heart intelligence.](#)



This workshop inspired by the findings of the *HeartMath® Institute*, will use guided imagery and Art Therapy (symbolic drawing) to access the healing potential of the field of your heart. Together you'll then be guided to harvest and benefit from the collective healing field of the group.

**This will all be done in the safe, fun and  
relaxing atmosphere of a small group.**

**About the group facilitator:** Anne-Marie Campanella, MA has a master's degree in Art Therapy and has over fifteen years of experience working in the mental health field in a clinical setting as well as at her home office.

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**Web site:** [www.resonanceforlife.com](http://www.resonanceforlife.com)

**For reservation contact:**

**Email:** [inbalance@inbalancecw.com](mailto:inbalance@inbalancecw.com)

**Phone:** 508-425-3304

**Where:** 352 Boston Turnpike, Shrewsbury

**Date:** July 22, 2015 5:00 – 6:30

**Cost:** \$10 (normal fee \$45)

**Please call the office today to reserve your spot!**