

# Spring Forward And Treat Yourself To A Life/Art Workshop

With Lisa Russo Pettigrew



"Competence and creativity trumped fear.  
Community and "out of the box" thinking  
became a mainstream possibility. Hope woke up  
and danced with change."

- Ann Cain McGinnis

This Spring take time for yourself...Using the Internationally renowned Halprin Life/Art Process, this 2-day workshop will guide you physically, mentally and emotionally in a unique process rich with discovery. Take this opportunity to:

**Reduce stress** • **Increase tone, flexibility and balance** • **Enhance vitality and creativity**  
**Identify patterns and habits** • **Invite spontaneity and playfulness**

Our acclaimed intermodel arts process uses movement and other art forms!

**NO EXPERIENCE & EXPERIENCED WELCOME!!!**

**WHEN:** Friday, March 6th, 7-10pm & Saturday, March 7th, 10-5pm

**WHERE:** Kensho Awareness Center, 1438 S. Coast Highway, Laguna Beach, CA

**COST:** \$225 or register early and pay \$195 (February 15th).

Payment plans are available. All art supplies are included.

**HOW:** To register, please send a \$50.00 check payable to Lisa R. Pettigrew to  
1445 Bluebird Canyon Drive, Laguna Beach, CA 92651.

For more information: call (949) 715.5486 or email: [workshops@lisapettigrew.org](mailto:workshops@lisapettigrew.org)

Lisa R. Pettigrew, MFA, is an Associate Teacher and President of the Board of Directors for the Tamalpa Institute. Founded in 1978 by renowned pioneers Anna & Daria Halprin, the Institute is the first in the world dedicated to offering a movement-based Expressive Arts Therapy program.

Lisa's work draws from the Life/Art Process & her extensive experience as a professional dancer, educator and choreographer.

She brings both an artistic and compassionate perspective to her work.

**To learn more about her visit: [www.lisapettigrew.org](http://www.lisapettigrew.org)**