

## Sometimes it feels like there is not enough in life

- Do you feel that there is too much to do?
- Does time feel like it's going too fast?
- Do you ever feel stuck?
- Does it feel like something is missing in your life?
- Do you wonder what your next step is?
- Have you ever felt confused?
- Do you feel frustrated and angry?
- Have you experienced a loss or trauma?

If you answered “yes” to any of the above questions, read on – there are solutions. Since 1980, Elke has been helping people express themselves in unique ways, consequently they lead happier lives.



*“I love your thoughts and energy.” ~Ann K*

## Finding a New Way

We experience our world through our senses—such as touch, seeing and hearing.

Expressive Arts invites you to explore your world in fun and inspiring ways using:

- mindful imagery and meditation
- quality paints and pastels
- unique musical instruments from across the globe
- responsive drawing
- journaling and poetry
- sculpture and clay
- beading



Expressive Arts sessions vary to suit your preferences, hopes, dreams and wishes. The sessions are designed to encourage you to strengthen your creative power and deepen your relationship with life. It is a safe non-judgmental environment for self exploration and self interpretation. As you are creating you will shape new perspectives. The arts allows you to freely express yourself without the boundaries of language.

Elke will guide you. It is not necessary to have any technical knowledge in any particular art form.

All sessions are confidential.



*“I’ve noticed the creative excitement... and have seen the benefits in my business life, my home life and my inner life.” ~Stuart M*



## Refresh your body, mind and spirit!

Expressive Arts can help you with:

**Enlivening your senses**

**Enhancing your awareness of your self**

**Discovering new perspectives**

**Rejuvenating yourself**

**Finding new hope in your situation**

**Building support systems for yourself**

**Feeling less frustrated**

**Playing more, thinking less**

**Living your joy!**



*“Your words written and spoken will continue to inspire me in my art and life.” ~June W*

## ART IS FOR EVERYONE

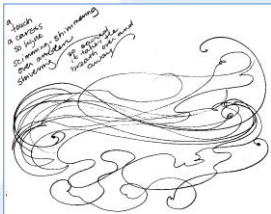


### Art can help you make sense of your feelings

*“We are feeling very relaxed, loved and simply joyful, thanks for being you and giving up part of yourself” ~M&J P.*

### “Why the arts are powerful.”

- using the arts stimulates the brain in new ways
- you are the expert and your art puts the pieces together in a meaningful way for you



*“You have managed to change my life...I feel inspired, encouraged, happy and not to mention a wonderful new perspective. How refreshing!!” ~Laura A*

**As an Expressive Arts Therapist, Elke’s goal is to help people enhance their lives and build their resilience by empowering them with their innate creativity, in the most loving and effective way possible.**



Elke Scholz is a well known artist and an Expressive Arts Therapist. She is working on her Masters in Expressive Arts Therapy, Coaching, Consulting and Education. She holds a post graduate certificate in Expressive Arts with Fleming College and a Diploma as an Expressive Arts Therapist from ISIS Canada. She is a member of IEATA and CAST/ACTJS.

Elke has helped people since 1980. Her calm approach invites a comfortable space for people to try new things.

Her acute awareness and high sensitivity are tremendous assets for her clients and make her unique in her field. Elke works well with teams of Educators, Corporations, Organizations and Groups

Elke has spent 30 years painting, art coaching and managing her successful art studio in Canada. As a writer most of her life, she has had her work and articles published in over twelve national magazines and books, along with her book, "Loving Your Life".

**For further information about Elke Scholz, Expressive Arts, Private Sessions, Workshops, Seminars, Retreats, International Trips and Educational Programs, call or write for appointments, [escholz@vianet.on.ca](mailto:escholz@vianet.on.ca)**

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# We are all creative.

# When words are not enough, empower yourself with art.



# Elke Scholz

## Expressive Arts Therapist

• ART COACH • KEYNOTE SPEAKER • AUTHOR •  
30 years experience

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