

Join Us Now

HEALING ARTS RETREAT

Expressive and Holistic Therapies

Located at The Healing Room
Wellness Center 3956 Bay Rd,
Saginaw, MI 48603

\$70 PER DAY

\$280 PER WEEK

5th day is free

Snacks & Lunch will be provided.

CREATIVE ENTREPRENEURSHIP

Activities include T-shirt design
using a heat press, tie-dye, and more.

Week 1: July 7th-11th

Ages: 13-17

9:00 AM - 4pm

Unleash your creativity and explore the exciting world of art and entrepreneurship! Participants will create beautiful artwork while learning how to turn their passion into a business. From designing and marketing their own creations to building essential entrepreneurship skills, this week empowers young artists to think outside the box and pursue their dreams.

ART THERAPY

Activities include tie-dye, clay projects,
and sensory-based experiences

Week 2: July 14th -18th

Ages: 8-13

9:00am-4pm

Art Therapy is a powerful tool that combines creativity with emotional healing. Through different forms of artistic expression, participants will explore their emotions in a safe and supportive environment. Art therapy helps individuals process feelings, reduce stress, and gain self-awareness, making it an essential part of personal growth and healing.

MUSIC EXPLORATION

Activities include Making instruments and more

Week 3: July 21st-25th

Ages: 8-13

9:00am-4pm

This week focuses on using music to promote emotional, physical, well-being. Through interactive sessions, including sound healing, rhythm exploration, and music-making, participants will tap into their inner selves and discover how music can be a tool for relaxation, self-expression. Whether you're a beginner or an experienced musician, this week is about connecting with music in a holistic, meaningful way.



Register:

We are offering a limited number of scholarships!
For more information about the retreat, scholarship
qualifications, and how to apply, please visit our website
or email











Retreats@mhacenter.com

mhacenter.com

(989) 475-4171



CLASS WEEKLY SCHEDULE

week 1	Mon	Tue	Wed	Thu	Fri
CREATIVE ENTREPRENEURSHIP July 7th-11th Ages: 13-17 9:00 AM - 4pm	Introduction to Designing a tee Shirt 	Tie-Dye Day 	Screen Printing 	Cyanotypes & Mixed Media 	T-shirt Press 
Week 2	Clay	Painting	Weaving	Sensory Day	Final Projects
ART THERAPY July 14TH -18th Ages: 8-13 9:00am-4pm					
Week 3	Rhythm & Regulation	Drum & Percussion Day	Color Piano & Voice	Band & Collaboration	Celebration & Showcase
MUSIC EXPLORATION July 21st-25th Ages: 8-13 9:00am-4pm	