

Lynn Underwood recently moved from California to Black Mountain where she teaches yoga and works with her Arts Therapy and Coaching practice -a creative, intuitive, and image based approach toward inviting new awareness and positive changes into our lives.

Lynn recently offered a workshop with the Black Mountain College Museum called Image Speak and is scheduled to facilitate a workshop with Mahec entitled Artful Interventions for mental health professionals in early Spring.

Lynn is an expressive arts therapist and coach, educator, consultant, certified trauma practitioner and certified yoga instructor. Lynn has worked in a variety of settings, with both children and adults healing from the effects of domestic violence, substance abuse, grief and emotional trauma. Through the expressive arts, Lynn helps individuals realize their creative potential, set life goals, and feel empowered to embark on positive life change. In private practice and through workshops, she has taught clients and therapists to enhance creativity, foster personal growth, embrace spirituality, cope with grief, and build effective teams. She has facilitated workshops for the Betty Ford Center, The California Arts Project, and Institute for Arts Education. Lynn was featured in the November 2010 issue of "Explore," an alternative healing periodical and is currently at work on her book titled "Expressions of Recovery." Lynn received her MA in Expressive Arts Therapy from European Graduate School in Switzerland. She can be reached at [lynnu@sbcglobal.net](mailto:lynnu@sbcglobal.net)