

Art and Spirituality Center & Mercy Volunteer Services

Sara Moore, Manager

September 16, 2025

Gwen Mitchell

Creative Expression Specialist

Gwen Mitchell is a certified yoga and breathwork instructor with more than 20 years of experience. She joined the Art and Spirituality Center in 2018 and has facilitated a variety of Art for Healing programs including yoga, Emotional Freedom Technique (EFT), healing breath, meditation, painting, and sketching. In 2002, she began teaching yoga at City of Hope, Adventist Health Glendale, and Pasadena Integrated Healing Center and continues teaching today. In addition, she is a Certified Massage Therapist, a Reiki practitioner, and continues her study of EFT and Qi Gong. She is an active member of the Creative Council, Bakersfield Art Association, Studios by the Park Gallery, Paso Robles Art Association, Bakersfield Museum of Art, Arts Council of Kern, Central Coast Artists Collective, CSUB Alumni and Beta Sigma Phi. She loves people and enjoys connecting with others through art, movement, and healing breath.



The Lymphatic System

The lymphatic system is a crucial part of the immune system that helps the body fight infection. The lymphatic system loves massage, pumping, belly breathing, and movement. Lymphatic drainage is a gentle massage that helps move fluid away from a congested area toward healthy lymph nodes where it can be drained more effectively.

Lymphatic Drainage Exercise Areas

- Termini
- Tonsillar
- Apical
- Armpit (diaphragmatic breathing)
- Cisterna chyli
- Groin
- Knee

Benefits of Lymphatic Drainage Exercises

- More stable moods
- Less depression
- Better digestion
- Better sleep
- Fluid reduction
- Less sinus congestion
- Less bloating
- Clearer thinking
- More energy
- Less joint inflammation

Art for Healing Programs

Contact Information

www.dignityhealth.org/bakersfield/artforhealing

(661) 632-5357



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