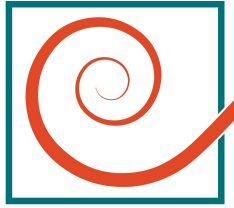


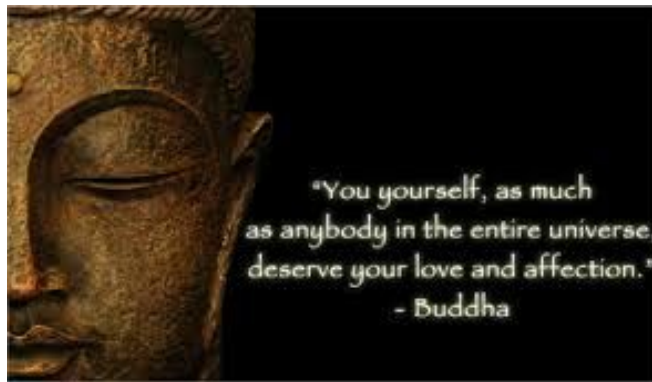
Circle Art Studio  
Explore • Create • Express



# "Awakening Our Heart"

A Workshop conducted by Sangeeta Prasad, ATR-BC

**Topic: Self-Compassion**



**Saturday, April 21st, 2018**

**10:00 a.m. to 1:00 p.m.**

**Circle Art Studio  
9653 Fairfax Boulevard, Suite 211,  
Fairfax, VA 22031  
571.482.3010**

*Using a creative process, which combines mindfulness and art, you will learn how to observe the mind's ever-changing thoughts and feelings. During this workshop, participants will explore and learn how to view life through a different lens-- to shift their thinking. This mindful art process will empower participants, inspire compassion for themselves and others, and gently rewire their critical inner mind.*

**Cost: \$25 per person (cash or check)**

**Register on our webpage - [www.CircleArtStudio.com](http://www.CircleArtStudio.com)**