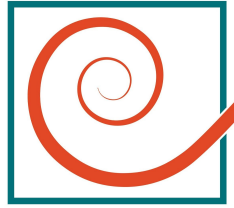


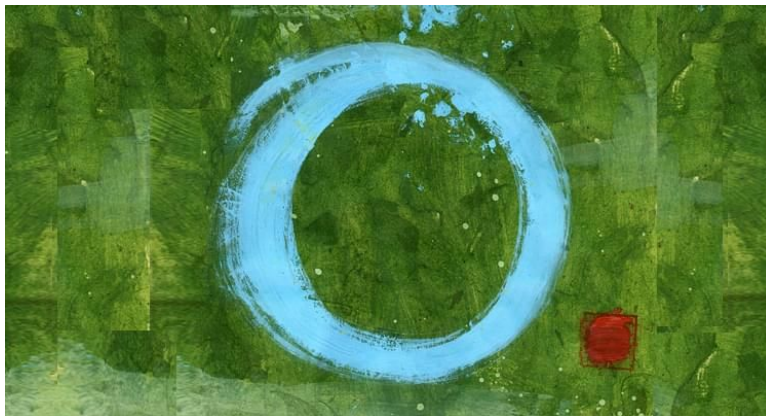
Circle Art Studio
Explore • Create • Express



“Awakening Our Heart”

A Workshop conducted by Sangeeta Prasad, ATR-BC

Topic: Focus



Art work from <https://mindworks.org/blog/focus-meditation/>

Saturday, February 23th, 2019

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