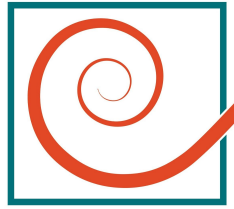


Circle Art Studio  
Explore • Create • Express



# “Awakening Our Heart”

facilitated by

Sangeeta Prasad ATR-BC with Miki Goerdts LCSW ATR-P

**Topic: Being Present**



**Saturday, April 27th, 2019**

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

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

*During this workshop, we will explore and learn how to view life through a different lens and how to shift our inner stories. As our inner stories can take us to the past and future, they allow us to be more insightful of the present. Through the process of creating a simple book and reflecting on our inner stories, we will learn how to observe the mind's ever-changing thoughts and feelings. This mindful art process can empower us, inspire compassion for ourselves and others, and gently rewire the critical inner mind.*

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

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