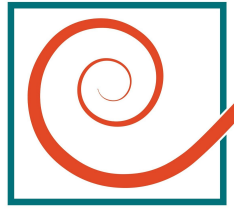


Circle Art Studio
Explore • Create • Express



“Awakening Our Heart”

facilitated by

Sangeeta Prasad ATR-BC with Miki Goerdts LCSW, ATR

Topic: “Space”



Saturday, September 21st, 2019

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

Circle Art Studio

9653 Fairfax Boulevard, Suite 211,

Fairfax, VA 22031

571.482.3010

Explore what is space in mindfulness. The physical and mental space. The space between thoughts. The space between reaction and response. The space between each breath.

Cost: \$30 per person (cash or check)

Register on our webpage - www.CircleArtStudio.com