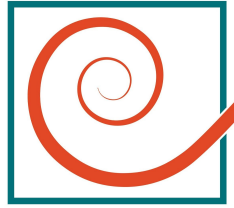


Circle Art Studio  
Explore • Create • Express



# “Inward Journey”

## Mindfulness and Art Series

Facilitated by Sangeeta Prasad, MA., ATR-BC



**Saturdays, Once a month,  
October 17, November 14th, December 19th  
10:00 am to 11:30 am  
On Zoom**

*A series of intimate, small-group sessions combining mindfulness techniques with art-making. The group will be online and participants will engage in meditation and art-making after a short introduction on a focus topic. The goal of the group is to discover our core strengths, barriers to being present, and developing the tools to build resilience. Come begin your inward journey.*

**Cost: Recommended \$35 per session pay via Zelly, PayPal, or check  
Sign up for one or all session**

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