



Art4Healing®

## Mindful Expressions:

# Creative Tools for Wellness

*(No previous art experience necessary)*

This 2-hour fun workshop teaches participants how to express feelings with color.

### Workshops are held at:

#### Shanti OC

23461 South Pointe Dr.,  
Suite 100  
Laguna Hills, CA 92653

**Introductory rate** \$20 materials fee per participant (regularly \$55 fee)  
Maximum 12 participants per class

### Registration required

RSVP by January 31<sup>st</sup> 2017

### Facilitated by:

Art & Creativity for Healing, Inc.

### To reserve your space in the class contact:

Sarah Kasman

admin@shantioc.org

Phone: (949) 452-0888



## 2017 Workshop Dates

**Tuesdays**

**5:30-7:30 PM**

**February 7<sup>th</sup>    February 14<sup>th</sup>  
February 21<sup>st</sup>    February 28<sup>th</sup>**