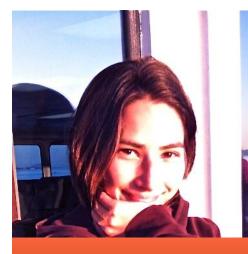
Light your Creative Fire

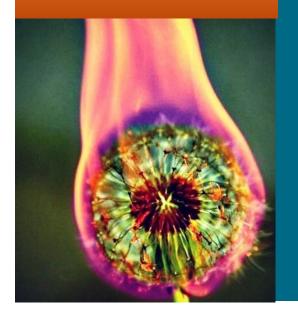
An Autumn Urban Retreat



Meghan Goodman is a Dance
Artist and Iyengar Yoga Teacher.
Find out more at:
meghangoodman.wordpress.com



April Martin-Ko is a Highly
Sensitive Artist and Holistic Health
Practitioner. Find out more at:
www.aprilstendernest.com





As the grey days settle in, come gather with others for an Autumn Urban Creative Retreat.

Kindle the Spark of Inspiration and find ways to Lean into Fall Shadows. Light a Creative Fire that will keep you Warm all Winter!

Engage with others in various creative mediums, such as: painting/drawing, collage, writing, guided movement, meditation and discussion. Through this creative process you can unblock channels and gain insights to take into your everyday life. (No Art or Dance experience necessary)

When: Sunday October 26th

Time: 11:00am-3:00pm

(with a half hour break)

Where: Full Circle Studio (<u>fullcirclestudio.com</u>)

1183 Odlum @ William

Cost: \$50 Early Bird Rate before Oct 1st

\$50 with a Friend \$45 for Students \$60 Regular

To Register Email: aprilstendernest@gmail.com