

Light your Creative Fire

An Autumn Urban Retreat



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

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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 (fullcirclestudio.com)
1183 Odium @ William

Cost: \$50 Early Bird Rate before Oct 1st
\$50 with a Friend
\$45 for Students
\$60 Regular

To Register Email:
aprilstendernest@gmail.com