

Art as Meditation & Zentangle Workshops



Art as Meditation - \$35 for the 6-week course

(scholarships available)

- March 5 – April 9 / Tuesday Evenings 6-7:30p

Learn how to use creativity, imagination and art to process life experiences. Workshop sessions are quiet and help individuals learn and practice mindfulness, attention, awareness, openness, acceptance, nonjudgment and non-reaction techniques. A weekly homework assignment is also included in the workshop as an invitation to practice art as meditation in day-to-day life. With facilitator Sam Erwin, MS, MA Art Therapist and

Spiritual Director.

[Click to Sign up for Art as Meditation](#)

Zentangle & Mindfulness - \$20 per session

(scholarships available)

- March 9 / Saturday Afternoon 1-3:30p
- April 13 / Saturday Afternoon 1-3:30p

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn how the Zentangle approach of "no mistakes" facilitates enhanced focus, relaxation, creativity, confidence and enjoyment. Mindfulness, the skill of learning to pay attention, without judgment, to one's present-moment experience, is explored during this 2.5-hour workshop with Christine Urish, PhD, OTR/L, BCMH, FAOTA, and Certified Zentangle Teacher.

[Click to Sign Up for 3/9 Session](#)

[Click to Sign up for 4/13 Session](#)



Copyright © 2019 NAMI of Greater Des Moines, All rights reserved.

You are receiving this email because you have opted in at our website or past event.

Our mailing address is:

NAMI of Greater Des Moines

511 E. 6th St., Suite B

Des Moines, Ia 50309

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).