

## CSA # 1 Workshop

# Yoga and Art

Led By: Nathalie Brilliant  
Crowley Lake Community Center



Connect to your body and mind through guided breath work, simple stretching, and yoga. From this space of connection with the body and mind, art will be created. Art can take the form of writing, painting, drawing, sculpture and even performance art. This workshop serves as a way to create art from the inside. Thus, creating work inspired by the subconscious images your mind and body manifest.

Some art materials provided, you may want to bring your own art materials for any medium, a journal, sketchbook...

Children, ages 10 and up, welcome with the accompaniment of an adult.

**Class space is limited**

**Pre-registration required ensuring there are enough materials for everybody**

**Workshop #1 (Pre-register by Apr. 8<sup>th</sup>)**

~~April 9<sup>th</sup> 12:00-2:30 pm~~ **Saturday Apr. 9<sup>th</sup> 10:00-2:00pm**

~~April 10<sup>th</sup> 10:00-12:00 pm~~

**Workshop #2(Pre-register by 20<sup>th</sup>)**

April 23<sup>rd</sup> 12:00-2:30pm

April 24<sup>th</sup> 12:00-2:30

**There will be a \$30 fee for each workshop**

For additional information, or to pre-register for either of these workshops, please contact Isabel at [isbxoxo@gmail.com](mailto:isbxoxo@gmail.com) or 760-935-4089

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