

Inhale, Exhale, Draw

Instructed by Madeline Maser



Details:

Join us for a calming blend of meditation, gentle yoga, breathwork, and intuitive drawing. Through mindful movement and spontaneous pencil work, you'll reconnect with your body, quiet your mind, and express yourself freely—no art experience needed. Come to breathe, move, and create from a place of presence.

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Saturday, August 9

1:00-3:00PM

Art Gallery

Ages: 16+

\$35/a person

Materials included



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