

MINDFULNESS WALK AND PAINT

PAINTING IN THE PARK

Join us for a 3 hour morning workshop building body awareness and focusing on the present. All materials provided and led by an art therapist.

WHAT YOU WILL DO:

- Be led in a guided mindful walk outdoors
- Collect found objects
- Process your findings and inner state through painting
- Participate in conversation and sharing within a held space



RAIN DATE: Sept 9

6 SEPTEMBER 2024

9am-12pm

AT GREELEY PARK, 100 CONCORD ST NASHUA , NH

\$100.00/PERSON

REGISTRATION DUE JULY 31ST call (603)880-9880 hp-nh.com