

# Creative Meditation



**Last Saturday of the month from 10am to 11am (MST)  
Virtual Workshop via Zoom**

**This workshop will use a variety of  
guided imagery meditations,  
mindfulness exercises and  
expressive arts-based  
activities to promote relaxation,  
self-compassion, self-awareness,  
creativity and well-being.**



**Lead by  
Quana Madison**

**Free Workshop for those in Recovery!**

**Registration required via website  
[www.ColoradoArtistsInRecovery.org](http://www.ColoradoArtistsInRecovery.org)**

