

# Upcoming Workshops



[www.ColoradoArtistsInRecovery.org](http://www.ColoradoArtistsInRecovery.org)

**Registration is Required**



[Info@ColoradoArtistsInRecovery.org](mailto:Info@ColoradoArtistsInRecovery.org)

## TRAUMA-INFORMED YOGA

EVERY MONDAY  
IN PERSON AT FREE SPIRITUAL COMMUNITY - DENVER  
6:15PM TO 7:15PM

## OPEN STUDIO FOR CREATING & COMMUNITY

SECOND SUNDAY OF EVERY MONTH  
IN PERSON AT THE ART GYM - DENVER  
4PM TO 6PM

## INTRO TO GUITAR

6 WEEK MUSIC CLASS STARTING MARCH 6TH  
IN PERSON AT FREE SPIRITUAL COMMUNITY  
MONDAY EVES. 7PM TO 8:30PM

## EXPRESSIVE ARTS

6 WEEK ART WORKSHOP STARTING MARCH 8TH  
IN PERSON AT THE ART GYM - DENVER  
WEDNESDAY EVES. 6:30PM TO 7:30PM

## WARRIOR SOUL ART & RECOVERY

6 WEEK VIRTUAL ART WORKSHOP STARTING MARCH 9TH  
VIRTUAL ON ZOOM  
THURSDAY EVES. 6:30PM TO 7:30PM (MST)

All workshops are free to those in recovery!

