

CREATIVE

Colorado Artists in Recovery

MEDITATION

**LAST SATURDAY OF
EVERY MONTH**

Free workshop for
those in recovery!

10:00AM - 11:00AM

Virtual workshop via Zoom

Creative Meditation 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.

**MORE
INFO**



Registration Required



ColoradoArtistsInRecovery.org