

# Creative Meditation



**Last Saturday of every month!**  
**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

More Info and to Register



**Free Workshop  
for those in Recovery!**

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

