

# EXPRESSIVE ARTS WORKSHOP

At koomela kunya (eagle soaring) art studio,

Sunday July 15, from 10 am to 3pm

This workshop is the first in a series exploring the body in movement and imagination, life and art.

The group will engage in movement and dance, drawing, poetic writing and improvisational performance to tap into art's symbolic language to explore current life themes; and inspire, envision and catalyze new resources to bring back into daily life.

The workshop is designed for everyone, with no previous experience in dance/art needed.

All art materials provided.

BYO lunch, yoga mat or blanket, and water

COST: \$70.00 or \$45 unwaged

***"wild sanctuary", 199 Rosedale Rd, Bicheno***

Lucy Landon-Lane studied movement based Expressive Arts at the Tamalpa Institute, San Francisco ([www.tamalpa.org](http://www.tamalpa.org)); and has taught Expressive Arts & dance in Australia, Vietnam and Fiji. She believes in the power of movement and dance to teach, heal and transform.

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**Body  
Mind  
Spirit  
Creativity**