

JOYFUL ALTERNATIVES HEALING ARTS EDUCATION

presents

Teen Spirit

KUNDALINI YOGA

&

SILK MANDALA ART

IN CASPAR

Drawing, Composition, Geometry, Color, Silk Painting

Woven through

Yoga, Art, Meditation & much FUN

Wednesdays ♥ July 6th & 13th, 9am to 1pm

or

Mondays ♥ Aug. 1st, 8th & 15th, 9am to 12 noon

at Caspar Community Center, Caspar

Fee: \$120 , Go home with a framed Giant Silk Creation. "Your Artistic Portal to Within"

Ancha Baumann: Certified European Montessori Teacher K-12h , serving our community's Children & Teens privately & in schools for 20 years, globally 35 years.

♥ ENROLL NOW , after July 1st add \$20. ♥ www.JoyfulAlternatives.com ♥

Call Ancha at 707-354-2787

Joyful Alternatives' Teen Spirit Programs
Invites ALL Teens for a Summer of R-E-A-L F-U-N!!!

♥ ART ♥
♥ YOGA ♥
♥ DRUMMING ♥

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ALL TEENS

Ukiah

Drawing, Composition, Sacred Geometry, Silk Paintings
Woven through
Meditation, Yoga, Drumming, Dancing, Chanting, Divination & much FUN

Thursdays & Fridays: June 30th through July 15th
10 am to 3pm, At Learn to Play Studios, Ukiah

25 hrs Tuition: FREE, \$100 for Professional Art Materials & Drums
½ fee due at enrollment ½ on 1st day of class June 30th

Culminates in to our Teen Spirit Annual Fundraiser July 15th at Yoga Mendocino 10am-10pm
see our webpage for details on our Phenomenal Drum & Dance 4 Kundalini Yoga of Consciousness

♥♥♥For more info visit our web & to Enroll call: Ancha Nitya at 707 354 2787♥♥♥

Material Fee Reserves Space - only Small Class for Quality Teaching & Learning