



MAKE ART PROJECT WORKSHOP FEBRUARY 18, 2019 / 12PM – 4:00PM FACILITATED BY CEDAR WASLEWSKI

This is a workshop for anyone who is curious about the relationship between mind and body, or between life and art. Nestled in the gallery amongst the paintings of the, *Approaching Painting*, show we will create a microcosm to tune in and explore; What is alive and moving inside us? How do we move through the world? Where do our well-worn pathways take us and what lurks in the wilderness of yet undiscovered inner terrain? By creating a nourishing space of generosity and curiosity together, we may play in the realms of somatic movement, writing, drawing, dancing and being witnessed. All the while allowing our bodies innate 'knowingness' to emerge and be heard. This workshop is open to all beings of all abilities aged 16+

Please Bring: A notebook or paper and whatever you like to write or draw with (some basic art supplies will be available). Personal water bottle or thermos of tea to stay hydrated. Please wear comfy layered clothing including socks or slippers that you enjoy moving in. Suggested to bring your favourite yoga mat or pillow to sit on.

WHERE: Comox Valley Art Gallery, 580 Duncan Ave.
WHEN: Monday, February 18 / 12pm – 4pm
FEE: \$40 / If finances are a limitation, contact: integrationstudiocedar@gmail.com

PRE-REGISTRATION IS REQUIRED AS SPACE IS LIMITED TO 15 PARTICIPANTS
Registration forms are available on the event page on our website, comoxvalleyartgallery.com or in person at the Comox Valley Art Gallery reception. Submit by email to galler@comoxvalleyartgallery.com; in person at CVAG or by phone at 250.338.6211 ext 1.



580 DUNCAN AVE. COURTENAY BC
COMOXVALLEYARTGALLERY.COM
PHONE 250.338.6211
HOURS TUES–SAT 10–5



REGISTRATION FORM

MOVING THROUGH THE WORLD

Participant's Name: _____ Age: _____

Parent/Guardian Name:(If under 18) _____

Email Address: _____

Phone: (Home) _____ (Cell) _____

Allergies / Medical Information: _____

The gallery is not able to provide support to individuals who have unique facilitation requirements. Those individuals are welcome to participate if accompanied by a care provider.

Parent/Guardian Signature: _____ Date: _____

Class fee is \$40. Payment can be received in person at the Comox Valley Art Gallery Reception or by phone at 250.338.6211 ext 1. If finances are a limitation, contact: integrationstudiocedar@gmail.com



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