

Rise Above Gathering

With Christine Kidder

Fri April 20, 2018

\$20 includes all art supplies.

\$15 Bring your own canvas

7-9 pm

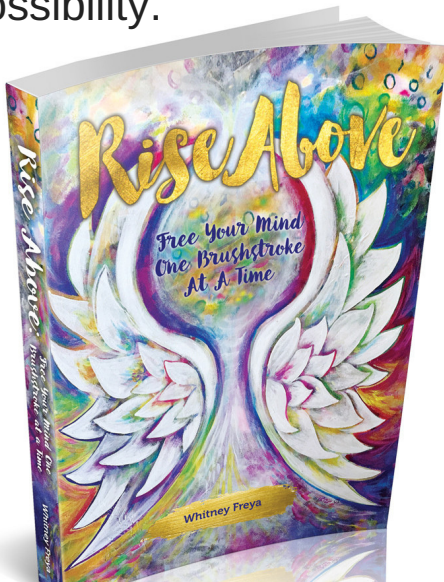
Join us for the Rise Above Gathering based on Whitney Freya's new book, **Rise Above, Free your mind, One Brushstroke at a Time**. This week we will look at chapters 4 and 5: **Abundance** and **Fearlessness**. If you have the book, read those chapters ahead if you can. If not, no problem. Come anyway!

In the book, Whitney teaches PRACTICAL steps we can each take to RISE ABOVE and make our day-to-day life more enjoyable and more in FLOW.

She also provides really interesting insight into working with symbols and animal totems—I can't wait for us to explore this together. AND there are painting exercises, step-by-step instruction, and her own personal stories that are really interesting.

We will meet bi-weekly for three months to discuss the book **AND PAINT!** **Come to one or all**. Don't worry, this will be easy, fun, and empowering whether you've never painted before or are a professional artist!

We will be gathering at YOGA in COMMON for a fun evening of creative possibility.



The book is available
at Yoga In Common.

Please
pre -register.



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