2 hour session with Blank Canvas Community

Title: Movement, Meditation & Creation

Description: Using a variety of tools to help us tap into our creative energy, this 2 hour session will help us get into alignment and access pure presence using the ancient and ever evolving practices of yoga, meditation & art

Required: Yoga & meditation gear (mats, props) & Art tools (canvas or journal, markers or paint)

About Blank Canvas Community:

“Blank Canvas is a Creative Community Building organization, which holds physical & virtual space for people to express themselves through Collaborative Art and Wellness. Founded in Melbourne, Australia in 2014; and re-launched in Abu Dhabi, UAE in 2016.

We bring the community together to explore their creativity through curated artistic installations, creative workshops and community events. We also bring the community together to explore their mind-body-soul connection through yoga and meditation.

Blank Canvas aims to bridge communities through collaboration, empowerment and compassion. We believe this is how the foundation for a resilient and responsible community can be built.”

Social media handles:

Facebook: www.facebook.com/blankcanvas.community

Instagram: @blankcanvas.community

Website: www.blankcanvascommunity.com