

## **Art and Dharma: Cultivating Awareness through Creative Expression**

with Pawan Bareja, Ph.D.

May 19, 2018, 10:00 am to 4:30pm

Spirit Rock Meditation Center, Woodacre, CA. [www.spiritrock.org](http://www.spiritrock.org)

Art is a universal language that speaks to the six senses, and serves as a gateway to deep awareness and insight.

We will experientially explore our inherent potential for spacious awareness by weaving together music, visual art, textile, and other mediums. There will be periods of sitting, walking in nature, and time for our creative expression. Through mindfulness practices and play, we hope to deepen our awareness of the moment-to-moment ebb and flow of life as it awakens our senses.

We welcome artists, and those who don't consider themselves artists! Bring your interest, curiosity, love of the Dharma to this day.

Participants are encouraged to bring their own artwork as part of this experiential day.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	May 19, 2018, 10:00am to 4:30pm
Fees:	\$75 to \$200 sliding scale. Senior/Student: \$45. Please bring your lunch.
Registration:	<a href="https://www.spiritrock.org/">https://www.spiritrock.org/</a>
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	No CEUs available for this program