



Releasing Your Creativity: Discover the New in the Familiar

Saturday, April 29, 1pm - 4pm

\$30 per person

Sutras Yoga Studio, Anchor Bay

Whether you're a **potter, poet, problem-solver, puzzlemaker, playwright, preacher, or procrastinator**, this workshop is for **You!**

This Spring, release your creativity by discovering what's new in familiar sights, sounds, and objects as you move through a guided yoga and creativity workshop led by Emily McConnell of Anchor Bay's Sutras Yoga, RYT, and Cathy Cassetta, RYT, playwright. Alternating between gentle yoga poses and creativity prompts, this workshop will provide opportunity to explore and expand your creative expression in a blending of body, mind, and spirit whether your artistic expression is words, music, fabric, clay, you name it, in the very safe environment created for this experience, appropriate for all levels of ability.

Early registration is strongly encouraged. Workshop size is limited to maximize the experience. **To register, email** Cathy at cathy@tabardtheatre.org **or call** 408-813-8502. You will receive an email confirmation. If possible, **mail a check by April 20** to Emily McConnell, PO box 736, Point Arena, CA 95468. **After April 20**, you may bring your check or cash with you to the workshop. This three-hour experience will leave you *rejuvenated, relaxed, refreshed, inspired, and encouraged.*

What to bring:

- Your writing journal/notebook and a writing instrument.
- A familiar object - a small prized possession.
- A desire to explore your creativity in a new way.
- Your yoga mat. If you do not have one, mats are available at the studio at no cost.