

Creative Zen for Teen Girls



A calm and imaginative journey for adolescent girls ages 15-18 that combines meditation, relaxation and mindfulness practices with art-making and creative writing.

Each week of Creative Zen will focus on a different theme, such as: relaxation fundamentals, self-care, personal awareness, life goals, self-confidence, problem-solving, personal insight and fulfillment.

Leadership: Danielle Jacobs, MA is an Expressive Arts Therapist & Certified Yoga Instructor. Danielle has found yoga, mindfulness, journaling and art to be extremely healing forms of expression. Her intention is to share her skills and guide others into a safe space to explore, heal and grow.

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When: Thursdays, 5:45pm to 7:15pm

Dates: October 4, 11, 25 & November 1, 8, 15

Cost: \$195 for 6 weeks

Where: The Artful Life 234 Cabot St, Lower Level

Register: info@artfullifecenter.org or 978-548-6288



The Artful Life
COUNSELING CENTER AND STUDIO

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