

motions and potions

Saturday Workshops for youth ages 16-25

Saturday Afternoons 1-4 pm – March to May 2012
at Heartwood House, 153 Chapel Street, Ottawa
Presented by Artswell in conjunction with Hopewell

Register below for your chosen workshops. Maximum of 10 participants per workshop so register early!

✓	When	What	Who	Cost
	March 3	Mandala Magic –mandalas with	Josée Robillard	\$10.00
	March 17	Making Waves - silk painting with	Janet Beath	\$10.00
	March 24	Amulets and Talismans - mixed media with	Jennifer Ryder-Jones	\$10.00
	March 31	Passages - collage and works on paper with	Beth Ross	\$10.00
	April 14	What's Up - visual journaling with	Mary Pfaff	\$10.00
	April 21	Making Changes – found object sculpture with	Valerie Dunn	\$10.00
	April 28	Flying, Fairy Tales and Magic - movement & storytelling with	Elena Shalaev	\$10.00
	May 5	Healing Potions - connecting to self through dance with	Elena Shalaev	\$10.00
	May 12	Shifting Colours – visual art and dance therapy	Elena Shalaev and Mary Pfaff	\$10.00
	May 26	Self Image – Wear yourself out LOUD – photography with	Curtis Trubiak	\$10.00
	= total workshops	X \$10.00	= \$	Note: supplies are included Total payable to Artswell
	PAYMENT :		Cheque	Cash
NAME				Tel: Email:

For more information contact Mary Pfaff, Artswell Director of Arts and Development

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