



Mindfulness with
Colour Pencil Sketches

Wednesdays, VIA: ZOOM (4 sessions)

June, 23rd & 30th

July, 7th & 14th

11:00 AM - 12:00 PM

Learn to create two completed pencil crayon sketches with a focus on colour and technique. Accompanied with mindfulness breathing techniques, affirmations and soothing chakra sounds, this class offers a calming artistic experience. Beginner level creatives are welcome.



To Register:

Email: sukaina@splc.ca or Call : 416-493-3333 ext. 256.

Senior Persons Living Connected

3333 FINCH AVE, E (CORNER OF WARDEN & FINCH SCARBOROUGH)