



Inner Smile-Summer Art & Wellbeing workshops Rosslare Strand Community Centre



Activities include; Qi Gong body movement & Yoga, creative visualisation mindfulness meditation and Art 2 relax activities, including; Paper lanterns, hand painted mandala beachstones, design and Print your own Tote beach bag, Fairies & Super heroes twine dolls, and Celtic Knotwork friendship bracelets (Art activities vary for each Workshop). Bring Light snack and bring/ wear loose clothing- (Old t-Shirt for Art Activities.)

Dates: June 27th (Monday) -10 am- 1pm (1 day workshop)- Superheroes & Flower fairy Dolls

July 4th & July 5th (Monday & Tuesday)-2pm-5pm (2 day workshop)- Paper lanterns

July 6th (Wednesday) 2pm – 5pm (1 day workshop)- Printed Tote Beachbags/ Celtic Knotwork Friendship bracelets

August 8th & 9th 2pm -5pm (Monday & Tuesday – 2 day workshop) Mandala Beachstones and Canvas'

Prices: \$30 (1 day) €55 (2 day) family rates and low income rates available.

Don't miss out Book your place now! Call Alice on 085 8208902.