



# Mindful Creativity for Resilience

*A Virtual Self-Care Retreat*

Join us for a restorative day of expressive arts, mindfulness, and self-care—all from the comfort of home. Curated to inspire, support, and nourish, our lineup of experiential sessions offer a greater opportunity for deeper connection with our global community, and help us tap into our creativity for self-expression and insight in a way that feels authentic, meaningful, and healing.

This day-long event will be led by our faculty of dynamic and diverse expressive arts practitioners, and is open to all. Come reset, refresh, and rejuvenate!

**Saturday,  
September 30**

9:00 am to  
4:30 pm PT



Scan here to learn  
more or visit  
<https://bit.ly/445xqRU>