



A day workshop with the
Art and Spirituality Network

Making Art through The Spirit Of Music, Rhythm, & Stillness

We will be taking sound as our theme: whether it be the sound of silence, Tibetan bowls, Debussy, Rock or African drum beat.

We will spend the day mindfully moving from one to the other sharing our experiences, expressing our inner rhythms through the creative spirit.

Facilitated by Isa Levy and assisted by Elaine Giles

Saturday 13 July 2013 10.00am – 4.30pm

Muswell Hill Local Meeting
Friends Meeting House, Church Crescent,
London, N10 3NE

Cost: £25 (incl. art materials + drinks - reductions available if needed) Advance booking essential!

To book and for information on the Art & Spirituality Network and further workshops visit: www.artandspirituality.net

Art and Spirituality Network Booking form for
'Making Art' Saturday 13th July 2013

Please send completed booking form and cheque to:

ASN, 14 Cromwell Avenue, London, N6 5HL

Early booking helps us a lot, and assures you your place!

Please reserve me place(s) for this workshop at £25* each

I enclose £ (plus an optional donation of £) Total

Cheques payable to 'Art and Spirituality Network', please

*If you would like to come and money is the only obstacle, please let us know

Name(s).....

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Address.....

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Postcode.....

Email.....

Phone.....

If you have any special needs that may affect your participation, please let us know:

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Please email me information about future ASN events: Yes/No