



Discovering your feelings  
through art.



Give yourself some time.

Come play, have fun and discover how a hobby helps you open up possibilities in your way of seeing things. We will talk about how strict your path is, your flexibility before your life and personal growth techniques

## Session 1

### *My inner child*



Bringing out the little girl inside you does not mean being immature, it means giving yourself the opportunity to appreciate life from a more open perspective.

## Session 2

### *The piñata of your emotions*



Live and enjoy each of your emotions. Recognize what your life is full of and what we need to keep or let go of.

## Session 3

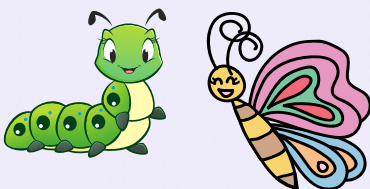
### *Dream catcher: It is worth dreaming.*



We stop dreaming because of how difficult it is to face our fears, anger or frustration due to stress, daily life or our past.

## Session 4

### *From caterpillar to butterfly*



Vanity, selfishness or self-love? The butterfly does not stop being a caterpillar, it only takes off the weight that doesn't let it fly.

**Call us for more information**

**720-400-2868 or to register**

Free sessions in Spanish

**Limited space**

Free sessions  
in Spanish



inscripción de programas



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