

Flute for the Soul Workshop

Self-discovery through live music

ANN LICATER
Native American & World Flutes

- Join World Flutist, Ann Licater in a workshop to tap into your inner-being.
- Ann performs on Native American and World flutes while workshop participants are led in creative exercises such as journaling, free-form drawing and working with collage materials to create a “dream book.”
- The beautiful and resonant flute music allows participants to connect with and reflect on their personal journey.
- By taking the time and creating the space for deep reflection, each person’s inner voice can bubble up and be expressed through these creative activities.
- A voluntary group discussion after each exercise enhances the workshop.
- Past attendees have described this workshop as a “spa treatment for the soul.”

Workshop Date:

Sat. November 1, 2008

10 am—12:30 pm

Fees:

\$49/ Kaiser Permanente Members

(Pre-registration Required)

\$75/ Non-members/General Public

How to Register:

Call: Kaiser Permanente

San Jose Medical Center

408-972-3340

Location:

Kaiser Medical Offices—BLDG #3

5755 Cottle Rd. San Jose 95123

(Corner of Beswick and Cottle Rd)

Music relaxes and refreshes body, mind & soul

www.FlutefortheSoul.com

