



SEEDS

Social Emotional Education & Development of Self

Community Engagement Series

Event Name:

Inside Out, Outside In

Ages:

8-15



Date(s) <small>(All dates 2023)</small>	Time	Location
Wednesday, July 10th	10:00am - 12:00pm	Old Mill Park 375 Throckmorton Ave Mill Valley, CA 94941
Monday, August 5th		Behind Mill Valley Public Library (Outdoors)

Event Description:

Creating a meditative drawing practice that integrates the natural surroundings can be a deeply enriching and calming experience. Program Leader Nancy Elkus opens this activity with breath awareness, drawing, and mark-making to the sounds of the stream. We then move into observational drawing and integration of our emotions — our focus moving from the nature of our environment to our inner selves. Lastly, we will combine the two sensibilities into our drawings.

Price: \$60

Registration: [Click here to register.](#)

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