

# Expressive Art Workshops

At the Velvet Mill

1st Sunday of Each Month, from 1-3pm

Facilitated by Sandi Gold



Sandi Gold is an artist, author of the upcoming book "The Art of Living," speaker and workshop leader. She's worked as an Expressive Arts Specialist for Hospice and hospitals, She has been highlighted on ABC's 20/20 news show, profiled in The New York Times, People Magazine, The Boston Globe and on National and local Public Radio. She was nominated for the National Athena Award and has a BFA from Boston University, a Certificat dans la Peinture from the Leo Marchutz School of Painting in Aix-En Provence, France, a Holistic Teachers' Certification from Kripalu and a Certification in Expressive Arts from Salve Regina University.

Workshop Dates:

**June 4: Expanding Our Happiness**

**July 2: Overcoming Stress**

**August 6: Turning Our Anger to Joy**

*Expressive Art Gently and  
Knowingly Creates Life-Improving  
Transformations*

**To Register And Secure Your Spot**

Email: [theartofliving215@gmail.com](mailto:theartofliving215@gmail.com)

**Cost:**

\$25 per workshop or \$65 for three.

Cost Includes all Materials.

No Art Experience Necessary

Workshop located in Studio G

The Velvet Mill, 22 Bayview Avenue, Stonington, CT 06378