

Compassionate HeARTs

"TEACHING KIDS COMPASSION THROUGH ART"

I Am Compassion:

Session One will focus on self-awareness through the use of mixed media art and introduce meditation and yoga.

Dates:
Saturdays, Sept. 12, 19, and 26

Compassion for Others:

Session Two will focus on non-violent conflict resolutions, creating healthy boundaries and being sensitive to the needs of others through the use of mixed media art, meditation, yoga and group discussions.

Dates:
Saturdays, Oct. 3, 10, and 17th

Compassion for Nature:

Session Three will focus on an awareness of nature and how to care for the earth as the earth cares for us. We will explore by drawing and painting in the garden and taking note of various insects and birds.

Dates:
Saturdays, Nov. 7, 14, and 21



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This amazing program is designed to teach kids ages 7 – 12 self-awareness, compassion for others and compassion for nature through the use of mixed media art, meditation, yoga, and group discussions. All art activities are created to empower our youth by understanding how to create healthy boundaries, create strategies for non violent conflict resolutions and to be sensitive to the needs of other and our planet.

Every session is three consecutive Saturdays, 9am – 12pm.





Compassionate HeARTs Mission:

Dial Art and The World Beat Cultural Center is teaming up to teach our youth how to be creative during difficult times by strengthening their core values through the use of mixed media art combined with meditation and yoga.

Meditation is practiced to develop an inward focus and a practical means for calming self, for letting go of biases and seeing what is openly and clearly.

Ages 7 -12

First Session Begins: Saturday, September 12, 2015

Cost: \$90 Per Session (**LIMITED** to 15 students)

(Each Session covers (3) consecutive Saturdays)

*includes materials

For more details and registration go to:

www.dialart.org or call Maria Cruz (323)363-3944

Location:

**The World Beat Cultural Center (Located in
The Historic Balboa Park)**

2100 Park Blvd, San Diego, CA 92101
(619) 230-1190

