

# Creative Energy Circle

Saturday, May 21<sup>st</sup>, 12 - 2pm

\$25 adv / \$30 at the door

Creative Energy Circles are a communion of energy work and breath work intended to free up and fuel the creative fire within us. We work as a group to release that which holds us back and anchor into that which our lives are saying yes to. Whether your intention is to become more artistically creative or experience your life with a deeper sense of creative wonder, these circles facilitate a personal experience of artful surrender and inspiration!

The theme for this circle is ACTION!



**Lindsay Frame** is an actress and creative teacher living in Los Angeles. She has been experiencing the magic of energy circles since 2003 and has been facilitating since 2008 when she completed her Modern Day Priestess Training with Rev. Kate Rodger. She has worked creatively with artists of all ages in workshops and private sessions. Lindsay has been inspired through her spiritual travel to places like Peru, Sedona, Hawaii, Malta and Scandinavia and her creative work as an actress, artist and poet.

She is currently helping to develop a Children's Mystery School with the Institute of Modern Wisdom and is a celebrated instructor at Anthony Meindl's Actor's Workshop in West Hollywood. Lindsay believes that an artful existence is one of the keys to a peace-full, abundant life and knows it is an experience accessible to all.

**Call 310.559.7200 to Reserve your Space!!**

