

Mather Virtual Programs, April 2024

Mather Virtual Programs, April 2024				
Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
1	2	3	4	5/6
9:30 Awaken to Meditation 11:00 Yoga for All	9:30 Dancing for Joy 10:30 Mindful Chair Yoga 11:00 Stories Through Dance	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	A.M. (All times listed are Central)
1:00 Art Journaling 3:00 Getting Stronger - Head to Toe 3:00 Introduction to Aromatherapy 3:00 Virtual Art Making: Bookbinding	1:00 Paper Techniques for Collage 2:00 Poetry & the Art of Giving Attention 2:00 Booked-n-Busy 3:00 What's the Tea?	1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	1:00 Dear Diary: Journaling for Creativity 2:00 Art Journaling	P.M. (All times listed are Central)
8	9	10	11	12/13
9:30 Awaken to Meditation 11:00 Yoga for All	9:30 Dancing for Joy 10:30 Mindful Chair Yoga 11:00 Stories Through Dance	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	Join our Saturday program: Creative Connections - Matisse and Picasso Saturday, April 13, 10:30 - 11:45 a.m.
1:00 Art Journaling 3:00 Introduction to Aromatherapy 3:00 Virtual Art Making: Bookbinding 5:30 Creative Mindfulness	1:00 Paper Techniques for Collage 2:00 Poetry & the Art of Giving Attention 3:00 What's the Tea?	1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit	1:00 Dear Diary: Journaling for Creativity 2:00 Art Journaling	
15	16	17	18	19/20
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22	23	24	25	26/27
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29	30	Find more information and register for all programs at mather.com/programs		Join us on Facebook at facebook.com/groups/mathercreativeprograms
9:30 Awaken to Meditation 11:00 Yoga for All	9:30 Dancing for Joy 10:30 Mindful Chair Yoga			May Preview: Check out our book club, Booked-n-Busy, in May! The next book will be announced on April 2!
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