

Create and Meditate

Join *Kavisha Mazzella* and *Nancy Ballesteros*
for a day of inspiration, creativity, and reflection.

Fibonacci Centre Heart Place

19 Blinco Street Fremantle

April 9, 2022

9:00 to 4:00

Nancy Ballesteros Meditation Beads

Nancy Ballesteros, internationally renowned textile artist will teach the beautiful art of nuno felting to create unique meditation beads.

Details: <http://www.treetopscolours.com.au>

No experience required.

All materials and morning tea provided.

BYO lunch or purchase at the Hinata café



Kavisha Mazzella Empty Sky Meditation

To conclude the day, experience a wondrous one hour meditation journey through sacred songs and chants of Empty Sky with global songbird, Kavisha Mazzella.

Details: <http://www.kavisa.com>

"What it is ..is it calms me and makes me feel grounded and secure and it talks to a part of me which is beyond words...It touches different emotions from lament to uplift "

Padma Locana Yoga Teacher Melbourne March 2020



[Book online here](#)

Booking enquiries Marie Jacquier inspireart@live.com.au 0409796183