

Ysanne Music

Ysanne Workshops Descriptions

YSANNE WORKSHOPS – *Provides an opportunity for participants to access tools, help release tension and feel more grounded. We offer two (2) different types of workshops, **Creative Workshops** and **Yoga Workshops**.*

CREATIVE WORKSHOPS – (multiple art disciplines are available)

Every session starts with a mindfulness practice offering ways to use the five senses. This helps you think differently about art and become more observant of their surroundings. Workshops can be tailored to the needs of an organization or group.

Workshop Options: Creative Writing | Exploring Art | Songwriting | Performance

YOGA WORKSHOPS – (hatha yoga focus; breathing techniques and movements)

This practice allows participants an opportunity to release tension in the body and/or in thought. Yoga offers can be tailored to an organization or group.

Yoga Options: Gentle | Strength & Balance | Jazz Movement

