

The Graduate Center for Worker Education

Presents Community Outreach Event for Spring 2019

Free event



Ikebana, Japanese Flower, Arrangement as Meditation Workshop.

When: Thursday, May 16, 2019, at 2:20-3:30 pm

Where: 25 Broadway, 7th Floor, Manhattan, Room, 7-13

Speaker: Miho Negrao, Certified Ikebana Teacher

- **What is Ikebana and how to use it as meditation**
- **Instructions from Miho Negrao, Ikebana expert teacher**
- **Flowers**
- **Greens**

Learn the ancient art of Ikebana, Japanese flower arrangement, as a meditation practice. Meditation helps you to relax, clear your mind and improve your health. We will provide the flowers and the green. Bring a small or medium size vase.

Bring a small or medium flower vase



Limited seating



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RSVP:anselmar@brooklyn.cuny.edu!

Adding value to our student's education and reaching out to the community.