

# VISION BOARD WORKSHOP

HOLDERNESS RECREATION DEPARTMENT

SUNDAY APRIL 7, 2024 12:30-3PM



## What is a Vision Board?

A vision board is a physical manifestation of your goals. Vision boarding involves collecting images or objects that speak to the future you want to create and arranging them on a board for a tangible and aesthetically pleasing reminder of what you want to call in and manifest as well as what you want to release. You can construct yours solo or create a vision board with your partner.

## Process

From 12:30-12:45 We will drop in as a group with a guided meditation to clear our mind's eye and cultivate what we want to call in and manifest for the year (or release).

From 12:45-3 We will let the creativity commence!



## Supplies/Cost

Cost: \$35.00 per person

All supplies will be provided for each participant

Board  
Art Supplies  
Paint/Brushes

## Workshop/Sign Up Details:

Host: Emily Squibb of As Intended

Sign Up Required at the Holderness Recreation Department by April 3, 2024 call 603-968-3700

Email: [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov)

[www.holderness-nh.gov](http://www.holderness-nh.gov)

