

follow your magic

Art Exhibit

Alton Mill Arts Centre, Pond Gallery by Alex Leikermoser
Wed. March 10, 2021 - Sun. April 4, 2021

Alex Leikermoser at YogaGurl is kicking off our reopening with an exhibition in the Pond Gallery as well as our outdoor space titled "Follow Your Magic." This is an exciting and interactive exhibition that encompasses all the senses and includes paintings, soundscapes and scent as well as an outdoor Word Hunt/Magic Art Walk. For the Art Walk she invited 11 year old local artist and yogini Sarah Casey to collaborate with her on painting the word art that is hidden on the property of the mill. You are then invited to make positive sentences to share on social media #followyourmagicart. This is a family friendly event, and fun for all ages!

Upcoming Workshop Online...

Saturday April 3 @1:30pm **Intuitive Word Art Workshop** (1.5 hours)\$40

We will start with a special Guided Meditation with Alex and her Pan drum to get us into the present moment. Then we will move into our creativity to then play on our canvases to create your personal art piece with a positive word, colours and feeling to remind you daily to stay in the flow and magic. No experience necessary.

Sign up on our Online Studio page at yogagurl.com or
<https://app.namastream.com/#/yogagurl/buy/product/28264>

April 1 - Dec 31, 2021 **Intuitive Creativity + Wellness 9 Month Program**\$94 USD/month +up

Bio: Alex Leikermoser

One woman's dream to share her daily rituals of yoga, meditation and creativity has grown organically over 2 decades. Alex is known for blending yoga with art, music and words [Y.A.M.] all under the umbrella of holistic living.



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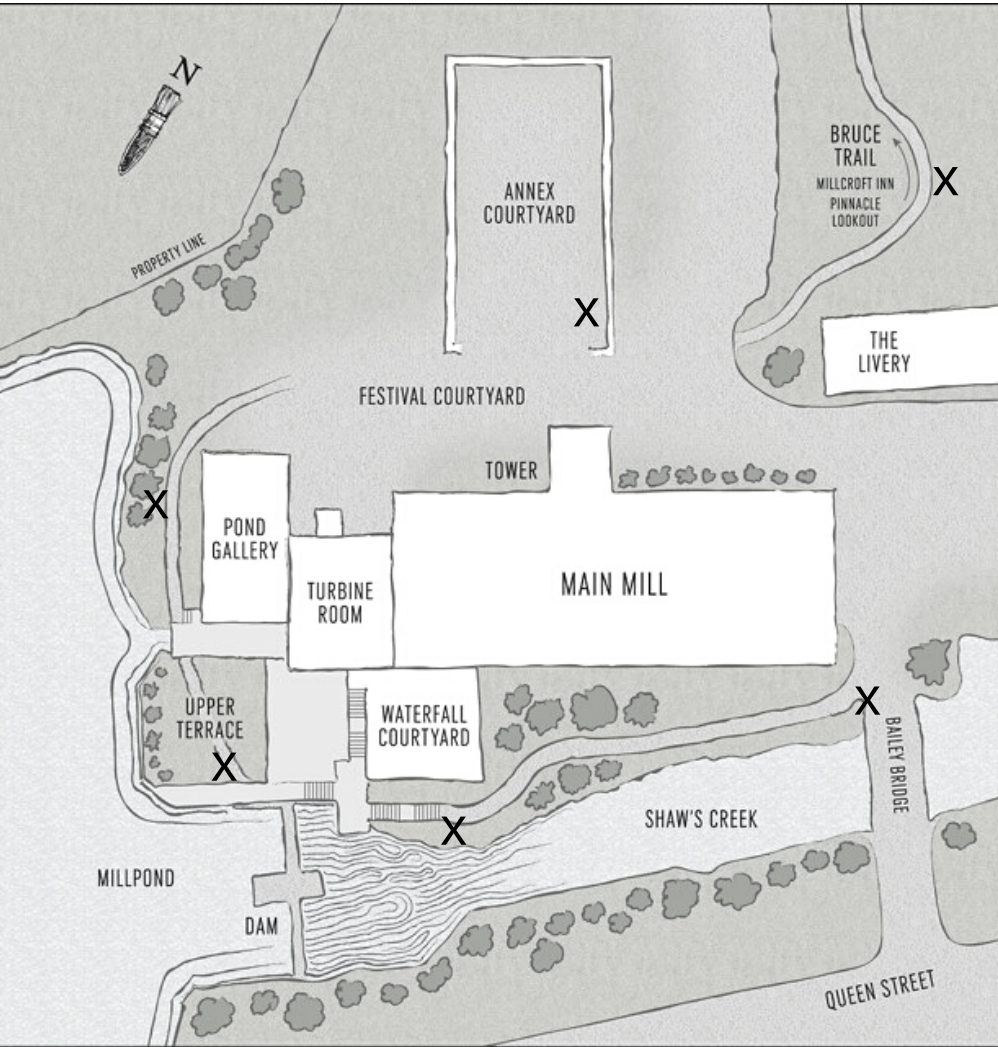
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click@yogagurl.com {416}818-YOGA

follow your magic

Outdoor Art Word Trail Walk

Alton Mill Arts Centre



1 Discover

Take the Map and discover the trail of words (6 in total) Note the X on the Map.

2 Capture

Photograph or note the words for yourself

3 Create

Use one or more of the 6 words to write your own positive message. Play around with the words and feel free to add your own words

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Examples of created messages:

- I smile when I dream of you
- Share your magic
- Love and laugh everyday
- Share your shine in the morning
- Path to sparkle

4 Share

Online: Post the message on social media and remember to tag us
@yogagurldotcalm

OR

In Person: Add to the the board in Pond Gallery at Alton Mill

#followyourmagicart #yogapoetry
#yogawordplay

5 Enter To Win

Sign up for our email list and submit your positive message to enter a draw to win 2 tickets to the workshop. Submit to yogagurl.com

Special Thanks to our Outdoor Word Artist, Sarah Casey, 11 Years old
[Map by Kim Von Oosterom]

Thank you to Central Counties Tourism for their support with this project



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