



Creativity, Cultural Connections & Capacity Building Café

Tuesday
September 17, 2024



11:00 AM to 1:00 PM



FHC Program Room
10 Gateway Blvd,
Toronto ON



TOPIC

IKEBANA - JAPANESE FLOWER ART



Seema Anwar
A TEXTILE DESIGNER &
HEALER

Ikebana is Japanese flower art. It is a deep sense of beauty towards nature. It gives u balance, focus, and meditative state. It helps you stay present in the moment. This mindfulness practice can reduce stress and promote joy and relaxation.



Ontario



Register at : info@mwc.community

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