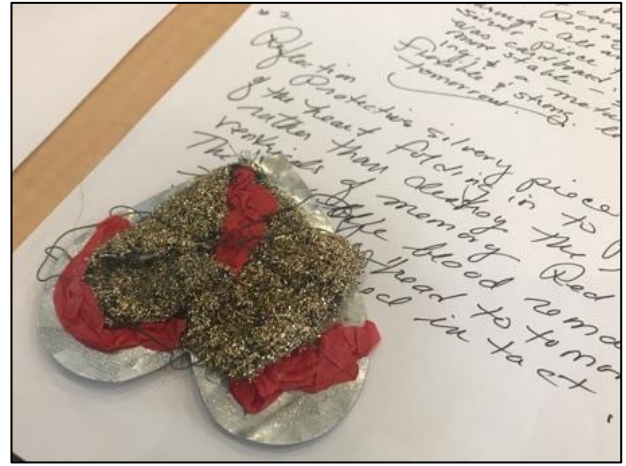


Date: Monday, April 27, 2026 12 - 2 pm

Location: Sabes JCC - Room M54

4330 Cedar Lk Rd S, St Louis Park, MN

Fee: Suggested \$8-\$25 – pay what you can



Register here:

<https://docs.google.com/forms/d/e/1FAIpQLSeTICCz6GLcnvNAGIHhQAvK7fuuiejRQw98KXX-7SqOEFDb5A/viewform>

Title: *Golden Journey of the Heart*

In this 2-hour workshop, we will use concepts and golden threads drawn from Kintsugi, the Japanese art of precious scars, together with words, as a catalyst for healing and helping us see things in a new way.

Description:

Loss and life's unexpected challenges can leave emotional cracks that feel difficult to mend. Inspired by the Japanese art form of Kintsugi, we'll transform broken pieces into a new creation, highlighting the opportunities imperfection offers as we work toward recognizing and releasing the power we hold to find resilience and renewal. Our focus will be to uncover the beauty in the brokenness. As we realize we are the culmination of all of our life's experiences, we begin to reimagine and repair the scars, transforming them into stepping stones toward a meaningful path ahead. Together, we'll discover how art can help us reframe our experiences as life's fractures reveal unexpected beauty and new possibilities, allowing us to heal with renewed energy, a replenished spirit, and a sense of positivity.

Bio:

Sarah has perfected the art of delivering and sharing purposeful, playful laughter with thousands worldwide as a sought-after keynote speaker and conference presenter. She is also a published author and an accomplished visual artist whose photography, poetry, and paintings have been featured in books and magazines across the globe. She fuses creativity with healing in her work with the non-profit, *Healing Headbands*, where she serves as a spotlight artist, combining laughter and art for deep, restorative experiences.