

## FOR AUDIENCES

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Sunday, August 4, 2019

## Positive Mental Health Artistic Workshop

Company: Borne Dance Company

Venue: 150 Studios, Studio 3

Location: New York, NY

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Borne is hosting a positive mental health artistic workshop on August 4, from 3-5 pm at 150 Studios, Studio 3 on the 6th floor, 150 w 46th street. The workshop will be donation based.

Our workshops are modeled after art and dance therapy techniques and incorporate movement and creative writing exercises. Our students do not need any prior art experience in order to attend, and all levels are welcomed. Our workshops are designed to inspire creativity, body positivity, and positive mental health.

For this workshop we are teaming up with Incare Brand.

For an extra fee, participants will be able to create their own healing jewelry using Incare brand method. InCare makes fashionable therapeutic accessories designed to provide self regulating relief in moments of distress and discomfort. Our wearable products teach DBT and CBT therapy skills, providing the wearer independence and helping them feel in control.

Please visit [BorneDance.com](http://BorneDance.com) for more information and email [BorneDanceCompany@gmail.com](mailto:BorneDanceCompany@gmail.com) to reserve your spot or ask any questions!

Borne Dance Company  
150 w 46th Street, 6th floor  
New York, NY, 10036  
9292719169

Schedule  
August 4, 2019: 3:00pm

[< back](#)[previous listing](#) • [next listing](#)