



## KARA STERLING

Palmer, Alaska  
Planet Earth

# FIND YOUR ZEN WITH AK STONE BALANCE

60 min

## WORKSHOP DESCRIPTION

Start your morning off on the right side of the sun beams with the meditative practice of



stone balancing! Come learn tips and tales about this ancient art form while practicing your balancing skills with Kara, from Alaska. Express your creativity, connect with nature, build focus and character... all while finding your zen.

She will be easy to spot in the morning, just find the stone pillars near the pond shore and join her for FUN with rocks as you prepare to go about a mindful and balanced day.

She may also show you another ancient art form... origami paper boats that float. A talented artist is always happy to pass on the skills of creative play! All ages welcome.

Stone balancing is a great skill for kids of all ages. Why?

- It's FUN!
- It's a way to connect and commune with nature.
- You can express your creativity using what's freely available from the land.
- You build problem solving skills and learn about dealing with failure in an environment where rebuilding is provoked, and determination, focus, and patience are gained.
- It's a life skills practice which can help us all to be more mindful and balanced as we grow.

Kara Sterling is a Master of balance, creativity, artistry, & attention.

Her business is AK Stone Balance.

She has extensive experience with stone balancing, child's play, and various outreach workshops for kids.

A physical scientist by profession, I find that Mother Nature is the best teacher in life.

In 2016, Kara Sterling was recognized in the Emerging Artists of Alaska Festival!

