

# MINDFUL VETERAN PROJECT



Join us for a series of workshops, our “deep dive” into the opera “Aida,” for a more rich experience of it and for our special post-performance event

Sunday  
June 12th, 2022

2:00 - 6:10pm

including intermission and  
special post-opera-performance event  
with refreshments

June 12th will be when the Los Angeles Opera presents to all who would like to attend - our veterans group as well as the general opera audience - the expressions that have come out of our deep dive into the themes in “Aida.”

In a series of workshops in April and May, we will discuss, journal, write prose, write poetry, and make art as we explore and express how those in the military-connected-population connect with this story.

All expressions remain anonymous - as the voice of the military-connected-population working with the Mindful Veteran Project - and 2 of the poems will be selected to become the lyrics for opera arias, composed by a professional contracted by the Los Angeles Opera.

Those arias will be performed in the Stern Grand Hall, one before and one after our panel discussion of the opera following the performance on the 12th.  
Art created will also be on display.  
Refreshments will follow.

Please let Mindful Veteran Project know if you would like to participate in the workshops and perhaps be on the panel.

818.616.2931

[info@mindfulveteranproject.org](mailto:info@mindfulveteranproject.org)  
[www.mindfulveteranproject.org](http://www.mindfulveteranproject.org)

