

# MINDFUL VETERAN PROJECT



**workshop** for veterans to explore themes in the story  
to prepare for a more rich experience of the opera & be part of the post-performance panel



**Saturday**  
**November 6th 2021**

**10:00-11:30AM**  
Pacific Time

Rossini's opera is NOT the Disney "Cinderella"  
most of us grew up with.

We'll learn about the differences,  
discuss how some of those less-fairytale-like themes  
played out in our lives,  
write about our own stories,  
and begin the process of  
elevating veteran voices to then share  
our expressions with  
the Los Angeles Opera audience.

confidentiality & anonymity of stories is maintained  
(unless a panelist specifically chooses to self-identify)

all expressions from workshops  
- prose, poetry, art -  
are presented anonymously

email [gail@mindfulveteranproject.org](mailto:gail@mindfulveteranproject.org)  
to RSVP and get the Zoom link  
for this workshop



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