

# MINDFUL VETERAN PROJECT



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



Thursday  
November 18<sup>th</sup> 2021

5:00-6:30pm  
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 the voices of women veterans and sharing 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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