

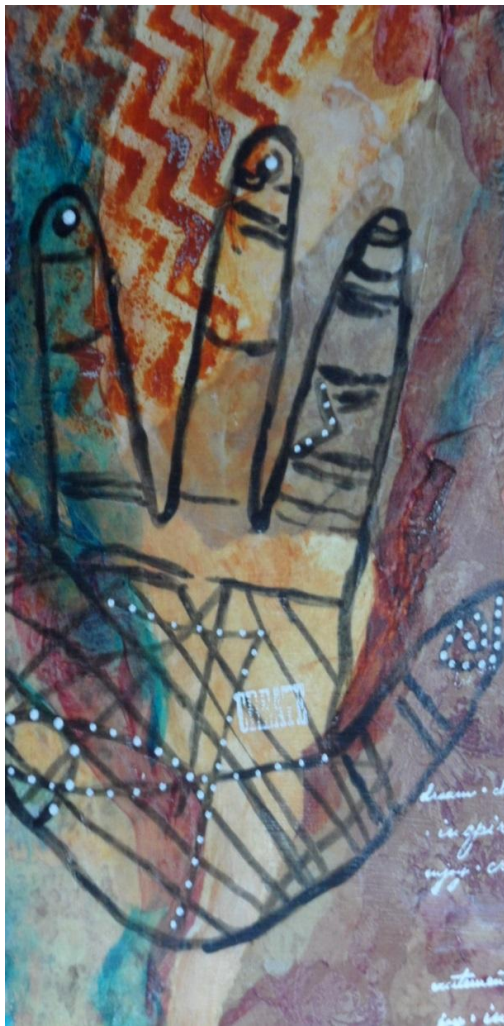
CREATIVE VISUAL JOURNALING

What is Creative Visual Journaling?

This three-part workshop is an introduction to learning how to use the Creative Visual Journal.

We hunger for the handmade. When we work with our own creativity, we slow down, turn inward and are able to get quiet enough to hear our 'real self' giving us encouragement and guidance.

Creative Visual Journaling can offer that space to open up and let images surface from a spiritual source to guide you into your higher purpose.



You do not need any art experience – just your imagination and willingness to explore your creativity.

Basic supplies to get you started are included in our fee.

WHEN:

SUNDAYS 10:30 – 1:30

- **NOV 8**
- **NOV 15**
- **NOV 22**

*Please bring a snack. Making art makes you hungry!

COST:

\$190 (includes all supplies)

Deposit of \$50 required to register (no refunds after October 29th) Deposits and fees can be paid via bank transfer or PayPal to jean.tait@artcanheal.ca

WHERE:

Spruce Grove (address will be supplied upon registration).

LIMITED SPACES! Register by emailing jean.tait@artcanheal.ca

Jean Tait, Professional Art Therapist/ Artist www.artcanheal.ca
Radka Ruzicka, PhD, ND (Australia), NNCP, www.livingenergy.ca