



## Creating Inner Joy Intuitive Painting Workshops

Learn to:

- Unleash your creativity
- Undo negative self-criticism
- Work through creative blocks
- Develop childlike playfulness and have fun

In this workshop participants will paint for process, not product. Through painting we reclaim what is authentic, allowing the intuition to lead us on a journey. Those seeking to go beyond creative blocks and judgments and access new sources of energy, spontaneity, joy and play will find this a helpful method of self-exploration and spiritual discovery. Paintings are **never** critiqued, displayed or interpreted. Materials are included. No previous artmaking experience or ability is necessary.

*"In the painting workshop, I was able to experience myself in a way I had never been able to do. The workshop was the best thing I did all summer. It was truly life-changing". F.B., Racine*

Two 4-week classes on Fridays from 9 a.m-noon

Class 1: September 17, 24, October 1 and 15;

Class 2: October 22, 29, November 5 and 19

evening sessions if enough interest

location: 102 Tenth Street, Racine

cost: \$150 per class; both sessions \$285

contact: Amy Sprague Champeau, MS, LMFT

262.635.WELL (9355)

*"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go with that, because what the world needs are more people who have come alive." - Harold Whitman*