

# Creative Soulcare Workshop: Artist Way

8 Week Workshop:

Small group setting

(limited to 8 seats – closed group)

Offering Creatives of all kinds the opportunity to  
unblock – recharge – reconnect  
with their inner creative voice & gifts.

Monday & Friday

@ Spiral Circle

750 Thornton Avenue  
Orlando, FL 32803

Wednesdays

@ Lotus Yoga Center

465 Oakland Avenue  
Apopka, FL 32703



*Bring your artist back into the light...*

Facilitated by: Evelyn Dufner, M.A.

**Course Description:** Discover and Recover Your Creative Self! This psycho-educational group/workshop focuses our ability to reconnect with our creative desires and make space for them to grow and flourish. Take a journey that will help unblock, nurture, and discover your innate artistic potential. You will enjoy journaling, outside tasks and group discussions that will re-attune you to your artist within, and help unblock your creative side. Reconnect with the joy of expressing yourself through your own creative gifts. Most coursework is based on Julia Cameron's book: "The Artist Way"

*One unique session will be devoted to "Art Journaling Techniques"*

### Three Sessions Available

- Mondays 7:00-9:00 pm  
Beginning 6/6/2011
- Weds 7:00-9:00 pm  
Beginning 6/8/2011
- Fridays 9:30a-11:30a  
Beginning 6/10/2011

**No Classes 6/24, 6/26, 7/4**

**Cost:** \$85.00 for entire course. Deposit of \$45 is required for your seat to be held.

**Two payments** can be arranged. Costs include handouts and limited materials for Art Journalism session.

*Reserve your seat now!  
RSVP needed by 5/30/2011*

**Contact & RSVP:** [creativesoulcare@gmail.com](mailto:creativesoulcare@gmail.com) or call 407-602-8449

**Website:** <http://www.mindfulfundamentals.com> - Click on Workshops

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## Future Workshop Sessions

### 2011 Artist Way Dates

**Mondays**  
**7:00-9:00**  
**p**  
**Spiral**  
**Circle**

**Fridays**  
**9:30-**  
**11:30a**  
**Spiral**  
**Circle**

**Wednesdays**  
**7:00-9:00 p**  
**Lotus Yoga**

Session 1			
	1/3/11	1/7/11	1/5/11
	1/10/11	1/14/11	1/12/11
	1/17/11	1/21/11	1/19/11
	1/24/11	1/28/11	1/26/11
	1/31/11	2/4/11	2/2/11
	2/7/11	2/11/11	2/9/11
<i>none 2/14</i>	2/21/11	2/18/11	2/16/11
	2/28/11	2/25/11	2/23/11

Session II			
	3/21/11	3/25/11	3/23/11
	3/28/11	4/1/11	3/30/11
	4/4/11	4/8/11	4/6/11
	4/11/11	4/15/11	4/13/11
	4/18/11	4/22/11	4/20/11
	4/25/11	4/29/11	4/27/11
	5/2/11	5/6/11	5/4/11
	5/9/11	5/13/11	5/11/11

Session III			
	6/6/11	6/10/11	6/8/11
	6/13/11	6/17/11	6/15/11
	6/20/11	NONE 6/24	6/22/11
	NONE 6/26	7/1/11	NONE 6/29
<i>none-7/4</i>	7/11/11	7/8/11	7/6/11
	7/18/11	7/15/11	7/13/11
	7/25/11	7/22/11	7/20/11
	8/1/11	7/29/11	7/27/11
	8/8/11	8/5/11	8/3/11

Session IV			
	8/29/11	9/2/11	8/31/11
<i>none-9/5</i>	9/12/11	9/9/11	9/7/11
	9/19/11	9/16/11	9/14/11
	9/26/11	9/23/11	9/21/11
	10/3/11	9/30/11	9/28/11
	10/10/11	10/7/11	10/5/11
	10/17/11	10/14/11	10/12/11
	10/24/11	10/21/11	10/19/11

