



## Life, Paint and Passion: Experiential 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 self-imposed 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

6 Fridays from 9 a.m-noon  
October 16, 23, 30, November 6, 20, December 4

location: 102 Tenth Street, Racine cost: \$195  
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