



Journaling with Paint

a workshop for renewing the spirit

Turn off your left-brain decision-making process for a day and surrender to your creative subconscious. This workshop guides participants through a process of self-discovery with the use of paint. It is not meant to teach painting technique, therefore previous painting experience is not required.

What's possible:

The workshop provides space to "be" with yourself as you are guided to discover your untapped internal resources through process painting. Participants have experienced the following outcomes:

- ◆ Releasing the inner critic
- ◆ Learning a new perspective in decision-making
- ◆ Achieving breakthroughs to creative blocks
- ◆ Improving self confidence and self-worth
- ◆ Finding a process for personal restoration and revitalization
- ◆ Rediscovering the freedom and joy of play
- ◆ Finding access to deeper self and spirit

What to bring:

Paint, brushes and art paper are provided. You are encouraged bring:

- ◆ a sack lunch
- ◆ an apron or old shirt
- ◆ a journal (you will be asked to write at times during the day)
- ◆ an open heart and willingness to play

A little about the facilitator, Cheryl Waale:

I have been helping people realize their goals for more than 25 years. I draw upon my unique qualifications combining academic training in the arts and organizational psychology with years of experience as a trainer and coach. As a successful entrepreneur and now devoted painter, I am able to bring a deep understanding of the creative process to my work.

Participants in **Journaling with Paint** include people of all ages and every walk of life who find themselves on a path of self-discovery.

Through Sagacious Art® Studio I coach people in business and the arts, facilitate process painting and creativity coaching workshops and paint every chance I get.



Upcoming Workshops

Join me in my Shoreline, WA studio

Saturday, March 15
10:00-4:00 \$75.00

Saturday, May 17
10:00-4:00 \$85.00

Private Groups scheduled upon request.

Register at www.SagaciousArt.com

Confirmation with directions will be sent after registration is received.
Workshop limited to eight.
info: Cheryl@SagaciousArt.com

"I expected to have fun painting but ended up having fun thinking, reflecting, relaxing and a bunch more."

"...this helped me through a sticking point."

"Not only did I experience (and enjoy) an activity that is typically outside my comfort zone, I also expanded my insights through the painting process."

"Cheryl, you embody this work. You have a gift in the way you challenge us to reach deeper."