

# ART

## Classes & Workshops



### Art As Spiritual Practice

**Thursdays, 9:30 a.m.–noon  
October 15 & 29, November 12  
at the Journey Center**

We will create an art journal that records our soul's urgings, concerns and hopes. No artistic experience necessary. You are invited to bring any dry, water media and mixed media supplies you have and enjoy. (No oils, please). A supply list will be provided upon registration.

*Led by Joanie Springer, local artist, art teacher and exhibitor. Limited to 10 participants. Questions? Email [joanie@ARTfortheSOULofit.com](mailto:joanie@ARTfortheSOULofit.com). Cost: \$30 per session or \$90 for the 3-week series.*



### 6x6 Art Exhibition Class

**Saturday, October 17, noon–3 p.m.  
at the Journey Center**

Create and donate a work of art for the 6X6 Small Art Exhibition with the help of one of our local artists. Participants will have access to supplies, inspiration and support for their creative process! All ages are welcome, no art experience required!

Participants should bring an apron or old shirt to cover their clothes AND an assortment of simple art supplies.

*Led by Joanie Springer, local artist, art teacher and exhibitor. Visit her website [www.artforthesoulofit.com](http://www.artforthesoulofit.com). Limited to 12 participants. Cost: \$40 per person.*

*Call the Journey Center or visit our website to register.*

1601 Fourth Street Santa Rosa, CA 95404 (707) 578-2121 [www.journeycenter.org](http://www.journeycenter.org)