

The Contemplative Life

Workshops & Classes



Art As Spiritual Practice

*Thursdays 9:30 a.m.-noon
Oct. 15 & 29, Nov. 12*

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. Cost: \$30 per session or \$90 for the 3-week series.

Listening to Your Still, Small Voice (collage)

*4 Sundays, Oct. 18 & 25,
Nov. 1 & 8, 6:30-8:30 p.m.*

For adults, making art with words and media can be a minefield. Our distraction with getting it right or making it look good can get in the way of being squarely in the moment with all our senses activated and our bodies engaged with the materials before us. Collage bypasses the internal critic and accesses our deeper mind, while at the same time allowing us to have fun and share our art with others. No experience necessary!

Join Julie Miller, spiritual director and Tamar Landau for collage as a spiritual practice. Cost: \$20 for the series or \$5 per class.

*Register at www.journeycenter.org or call 707-578-2121
Journey Center, 1601 Fourth Street, Santa Rosa, CA 95404*