

Springtime With The Painting Journal

Taught by Julie Russell

The Painting Journal Workshop is for those who seek an imaginative, colorful, surprised-filled vehicle for transformation, and who enjoy laughing and lightheartedness.

No previous art experience is needed to begin your own journey into “wholeness” through the everyday.

Julie will share her journals and techniques for developing your own unique painting journal. She invites you to become an active creator, exploring new possibilities in perception, and growing toward the self-empowering and self-affirming being you were intended to be. Gentle Self-Breema exercises are offered throughout the day, enlivening the body to support our being present.

You will be guided in tracking and interpreting dreams, allowing vision for your life and holding it, expressing feelings, and daring to embrace the tigers along the way. Revisiting the journal and seeing with fresh eyes the ordinary made extraordinary, you will experience your own reflection as dear friend, returning, remembered, loved.

Saturday April 16th , 9:00-4:30pm – Studio Mills, 406 Main St.
Kingston Springs, TN
\$ 95 (Julie’s Treasury available)

Please bring: Spiral Sketchbook (14x11 or smaller) Watercolor paints, brush(es), a lidded jar, a dream or dream fragment, and a simple pot-luck dish to share at lunch. Wear comfy clothes with a know-nothing mind! For more information contact - julierus@bellsouth.net. www.JulieRussell.org EZwellnessLMA@comcast.net