

Just Paint!

The first three painting classes are based on the Intuitive Painting Process where we explore our own relationship with our creativity and how that blossoms to grow beauty in other parts of our lives. Resilience reminds us to look at how nature and the earth teach us to grow new shoots, clear old things and express ourselves in all our wild complexity. In this series we will play with 3 ways we interact with our earth experience: through the animal teachers, the primal elements, and nature's cycles. We are born creative! Every level of painting experience is welcome in this class.

Workshop 1: RADICAL ANIMALISM

We are going on a journey with the animals. We'll explore what animals are awake in you. It's a mysterious process and you'll see they have their own gifts and teachings to share. If you are already in love with a particular animal, bring a picture with you. This is a playful exploration of the animal natures within us. Feel growly like a bear, lazy like a sloth, know someone who is a snake, or have you ever been hungry as a starfish? The animals are already talking about this session!

Workshop 2: ME, I'M TOTALLY THE EARTH

We are the water, the fire, the earth and the air. What is outside us is inside us. If we look around the hills and lakes is there anything inside our bodies like those landscapes? What does the creative land of our interior look like? Think about the cliffs, the crashing waves, the wide arms of the night sky, snow covered mountains, wild grasses swaying in the wind, a landscape that you love. All of these things exist inside you, too! Let's explore the outer land and the inner land together.

Workshop 3: I CAN CHANGE MY TUNE

Just like the weather rolling through the air, night dawn and day, or the seasons turning from heat to playful instability to cold and back again our inner selves have their own climate. We'll explore our dark side, our light side and the symphony of experience between these places. What if we began to see ourselves like the weather - ever changing? Change is life. In this class we'll cycle through all that Creativity brings us today.