

A Deep Dive into Exploring and
Maximizing Creative Expression
#316 pm
July 10th, 2024 12:30 – 3:30 pm
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This workshop is for anyone who has a strong curiosity about how to live a creative life in the arts as well as personal realm.

There are many things that seem to get in the way of focusing on our creativity and allowing us to access creative fulfillment. Let go of distractions, ineffective time management, and old stories that limit what is possible. This is a more curious deep dive into what limits and enhances creative expression plus future creative development.

The class is part lecture, mixed with much more interaction, and time for individual questions. You will be thinking, feeling and moving a bit in this class so when you walk away you have a sense of what may work for you in your own studio and life.

Supply List:

Required Supplies: You. A journal. A pen you like writing with.

Recommended Supplies: Curiosity Experiment Cards