

Moment-to-Moment Painting

An Intuitive Process

FRIDAYS: JULY 15, JULY 22, AUGUST 5, AUGUST 19, 2016
10AM TO 1PM

CARITAS CENTER FOR HEALING • 330 E 16TH ST, TUCSON
\$40 PER CLASS • PREREGISTRATION REQUIRED



In this process we use the flowing medium of paint as a vehicle for self-discovery, experimentation, and contemplative expression.

We learn to recover the playful freedom of young children.

We learn to work through negative and limiting self-talk that blocks the creative flow.

We learn to allow emotions to release in a safe environment.

We learn how to harness the energy of creativity for artmaking and living.

As we face the white canvas we learn to live with awareness in each moment.

We learn that painting can become a practice and a refuge.

NO PREVIOUS ART EXPERIENCE NECESSARY. ALL MATERIALS PROVIDED.

Facilitated by Amy Sprague Champeau, MS, LMFT, Jungian Psychoanalyst, somatic psychotherapist and certified practitioner of Integral Bodywork®. Amy has studied extensively with Michele Cassou, creator of the Point Zero Creativity Process and has taught intuitive painting for over 15 years.

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PRE-REGISTRATION REQUIRED. SPACE IS LIMITED.