

Thr Joyful Life:A Wellness Boutique

Therapeutic Art Workshops and Classes

All workshops, whether public or private, are for up to 12 people. Private workshops must have a minimum of 6 people, unless it's a private 2 people workshop. (\$20/person additional charge for 2 person workshop.)

Workshop Title	Workshop Description	Time
Paint or Draw with Your Heart	Unleash your inner artist at our Painting or Drawing Workshop. Enjoy a delightful exploration of subjects ranging from serene beaches and lush forests to vibrant cityscapes and intricate mandalas. Whether you're a beginner or already an artist, enjoy painting and drawing on various surfaces such as canvas, wood, fabric, glass, and paper. Using watercolor or acrylic paint, gel pens or pencil, choose your preferred method, whether it's using stencils, tracing forms, or unleashing your creativity freehand. The real fun lies in the details and inspired embellishments! Join us for a creative journey filled with inspiration and self expression! *Prices may vary depending on the individual project.	1.5 - 2 Hrs
Custom Candle-Making & More	Dive into the art of candle making and explore the versatility of soy, beeswax, and coconut wax in this hands-on workshop. Learn how to craft candles infused with natural essential oils and nature-based fragrance oils, and enjoy a treat for the senses! Visit the website for more details, as occasionally the workshop will shift to wax melts or even how to use wax and fabric to make food storage sheets. These amazingly useful sheets are designed to prevent more foil, plastic wrap, or zip lock from ending up in the landfill. Whether you're a beginner or seasoned crafter, join us for an aromatic journey into the age-old world of wax crafting! *Prices may vary depending on individual project.	1 - 1.5 Hrs
Crafting with Love	We're going to make something so cool! It may be something you've seen on a Pinterest board before. Perhaps it might be an organizational item, a fun paper mache project, a lovely fiber art, a unique lamp shade, or anything else fun, pretty, or useful. I've tried at least a three hundred recipes, craft projects, or techniques I've seen online over the years with varying levels of success; some fantastic, some fails. Either way, it's been a fun and creative journey. Let my trial and errors benefit you! Visit my website and find out what project we'll be making each time this workshop is offered. *Prices may vary depending on individual project.	1 - 2 Hrs

Workshop Title	Workshop Description	Time
Paper Craft Projects	Unlock your creativity with this paper crafts workshop! From DIY holiday and birthday cards to blank-inside cards, paper flowers, and 3D paper snowflakes, discover endless possibilities with paper. Examples can be copied, and cut-outs and do-dads will be provided. Join us to learn new techniques, unleash your imagination, and craft unique paper creations that will leave a lasting impression. Each project will result in a single item or a set of items. *Prices may vary depending on individual project.	1.5 hours
Moving On Up-Cycle!	In this workshop, we'll take items that are one thing and manipulate them into something else. Okay, so you might also see this on a Pinterest board, but isn't it a place to pin the things you want to do, make, cook, places you want to go, etc. I'm the kind of chick who actually makes some of that stuff. I know you too want to pick a cool thing to do and follow through, but life makes this hard!! The best feeling ever is a job complete. Let me help you get the feeling of accomplishment and maybe even inspire you to go home and complete something undone or even never begun. Visit my website to see what magic is possible for you each time this workshop is offered. *Prices may vary depending on individual project.	1.5 - 2 Hrs
Essential Oils: A Deeper Look	Did you know that all essential oils are not created equal? In fact, because the word and use of aromatherapy isn't regulated, a bottle can say things like therapeutic, natural, and pure when it's full of synthetics! Eek! Indeed, many oils you see in the average store is just a glorified fragrance oils. There are a few big brands that are thought to be all natural, but they aren't. They word used to express this is Greenwash. In essence, because of their ability to market themselves well and the big deal they've made about the actual real and wholesome ingredients, we've been brainwashed into thinking their green. People are bombarded with cloying fragrances and think they're allergic to the real thing, when it's just a sensitivity to artifical chemicals. This series of workshops talks about the real deal, and teaches you how to safely use, blend and enjoy essential oils in your everyday life. Each class participant get's to make a different product, and will be able to create your own or use my recipes, will know how to properly research for its uses, and safety. You will recieve a total of 2 - 5 Certified Pure, Therapeutic-Grade Essential Oils for your home use with each session and a membership to wholesale prices for oils. Workshop is to be held in the early evening on Wednesday at 6 PM. *Prices may vary up or down depending on essential oils and product made.	1.5 - 2 Hrs x 4

Workshop Title	Workshop Description	Time
Essential Oils: Product Making Fun	Indulge in the art of self-care by making a personal care or home products in this workshop! Harnessing the power of natural ingredients like oils, lotion and cream bases, glycerin soap bases, rose and aloe water, and therapeutic essential oils, you'll learn to create luxurious and life nourishing products. From soothing lotions to aromatic soaps, a room spray or cleanser and beyond, explore the endless possibilities. Led by LeJoy Nichols, owner of The Joyful Life and certified Aromatherapist, you'll receive expert guidance and the option to craft custom blends tailored to your olfactory or medicinal needs. The base price includes one product, but feel free to create and purchase more during the workshop. Walk away with newfound knowledge, a take-home recipe, and the knowledge of how the "pudding" gets made. *Prices may vary depending on individual project.	1 - 2 Hrs
Let it Bead!	You heard right! We're gonna bead until we can't bead no more! Well, actually there is no limit to how many projects you can make. Embrace your inner artist in this beading workshop where creativity knows no bounds! From crafting necklaces and bracelets to whimsical creations like lit wire trees and hanging beaded garlands, there's something for everyone. Join us for a fun-filled experience where you'll learn new skills and unleash your imagination! Explore a wide array of bead materials including wood, glass, plastic, and semi-precious gems or stone beads in various sizes and vibrant colors. Oh, and SO MANY BEADS! A truly fun and emersive worshop that will leave you feeling acomplished! *Prices may vary depending on individual choice of some beads.	1 - 2 Hrs
Dream with Me: Vision Board Magic	Dream with me! Manifest your dreams into reality at this Vision Board Creation Workshop! Dive into the transformative power of visualization as you craft your own personalized vision board—a powerful tool for achieving success and realizing your goals. With all the supplies provided, from magazines to glue and beyond, you'll embark on a journey of self-discovery and empowerment. Join us for an inspiring and fulfilling experience as you bring your dreams to life, one vision board at a time. *ALWAYS LOOKING FOR OLD MAGAZINES!	2 - 3 Hrs
Buddah Bowl Magic!	This tasty delicious magic of a Buddah Bowl is always THE perfect meal! It's exactly the things you like and doesn't have to be a perfectly balanced meal or even go together. Why? Because you decide what you want to put in it based on 2 things: What tastes good with the base and the sauce are the only things you need to keep in mind when fashioning the bowl. You aren't even required to mix it up to eat it, but you totally can mix it, if desired! I've compiled tons of ideas and created a lovely PDF that will be sent to you after this workshop. All items eaten will be store bought and prepared, except (potentially) the rice, noodle or oatmeal, unless otherwise disclosed.	1 - 1.5 Hrs

Workshop Title	Workshop Description	Time
Mystery Workshop 3000	Unlock the intrigue of our Mystery Workshops! Prepare to be captivated as we unveil a diverse range of subjects, each announced a month in advance, and some never to be repeated again unless for a private class or a requested public workshop. From hands-on projects with air dry clay sculptures and paper mache creations to whimsical endeavors such as crafting a teacup topiary or exploring textured paints, every workshop promises a unique and unforgettable experience. But that's not all—delve into the secrets of a budget-friendly DIY rustic, yet classy wedding, the art of crafting a perfectly delicious charcuterie board, mastering the tasy magic of a Buddha Bowl, or the art uniques ways of gift wrapping present. We might dive into the world of freezer batch cooking, create delightful food gifts, concoct tea bombs, experiment with epoxy resin, and much more. Join us for a journey of discovery where every mystery workshop holds the promise of new skills, creativity, and endless inspiration!	1.5 - 2 Hrs
Udder-ly Fun Grain and Nut Milks	Why buy your favorite Cow Free "Milk" from the store when you can make them at home with very little fuss? It's so easy and you may never go back to unpronouncable addatives! Free yourself from the dairy farm and make your own almond, oat, rice or coconut "juice" for the health of fit!	1 - 1.5 Hrs
Making Mixes: Chai Tea Edition	Making your own chai tea mix is for you if you're like me and want all the tastiness of chai tea and the ease of a mix, but want to control the type of sweetner used. I hate to waste my added sugar grams on a drink because I'd rather chew my sugar. Chose your sweetener and make it simple! This also makes a wonderful gift! There may be a small upcharge depending on what type of volume and container you use.	1 Hr
The Joy of Making Friendship Bracelets	I've been making a simple, yet an impressive version of friendship bracelets since I was a kid. I don't remember who taught me or how long ago it was. I've just been making them forever. Let me show you how to create these pretty babies so you too can either give them away, wear them for yourself or even sell them! The colors are customizable. Each workshop participant will make 6 bracelets. *Prices may vary depending on how many bracelets are made over 6.	1 Hr
Bookbinding for Beginners	I'm excited to offer a bookbinding workshop at a beginner level. Not only is it quite fun, it's also pretty impressive when you're done. In this workshop, you can choose from different papers, different fabrics to customize your cover and other items to embellish your brand new book. This can be a journal, a place to affix pictures inside or you can use it for a bullet journal or to create lists! Truly the possibilities are endless! *Prices may vary depending on individual choices.	1.5 - 2 Hrs

Workshop Title	Workshop Description	Time
The Joy of Junk Journals	<p>What is a junk journal and why would you want to make and use one? Starting with a magazine or an old, hardbound book, you add plain or lined paper, embelished do-dads, mixed media, etc. As with the book-binding project in another workshop, the use of this book can be whatever you'd like it to be. With this one, however, I'd like to add that since you're adding paper to cover the original words, you can use watercolor or mixed media paper and paint in this one too. I'm more of a mixed use gal, myself, so it's for all things. So many possibilities! *Prices may vary depending on individual choices.</p>	2 Hrs
Design Your Own Fabric or, Wallpaper or, Paper Pattern!	<p>Guess what? It's super easy to create your own desgin to be used on fabric, wrapping paper, wallpaper, or on clothing. In this workshop, we'll spend some time working on designing a look that is personal, something that speaks to you, and has an energy that either brings you up or calms you down. How cool will it be when you're fashioning your new item with your own design and someone compliments you on it? You can say, "Oh, this old thing? Thank you! I designed the pattern myself." *Workshop price includes the conversion of your design into a digital image/file. You can chose to leave it as is, or it can and be recreated to represent a similar, more polished version of your design. Post workshop, you will have the chance to approve or request changes to the design before it goes to the printer. Prices vary depending on what product you chose to print and is determined by the printer. Although collected by The Joyful Life, there is no upcharge. Once approved and upon sending the design to the printer, no changes can be made and the wait time depends on their workload. *Cost of workshop only includes design help. Any product chosen to print will have an additional cost and is determined by the printer.</p>	1 - 2 Hrs
How to Dye Fabrics with Items From Nature	<p>Did you even know this magic was a thing? Over the years I've become quite the kitchen witch and learned learned things like how to use food, pits, and peels to make gentle and soft colors on cotton, muslin, canvas and other natural fibers. These naturally dyed fabrics can be used to make something cool or you can dye a pre-sewn item, like a t-shirt or flour sack towel. You'll be so surprised by what colors come from what foods and which foods create pastels while others make much darker colors. Such a cool workshop! *You may want to bring a small, additional item of your own. I will provide all with 2 flour sack towels to dye for the cost of the workshop.</p>	1.5 Hrs

Workshop Title	Workshop Description	Time
Lets Talk About Food Prep!	I will go over the fundamentals and best practices for food prep. The benefit is that when you get home from a long day at work, it's hard to know what to cook. I realize that some people are great at planning a meal ahead of time, shopping for all components and even unthawing their frozen ingredients before 6 o'clock at night! First of all, good for you. I'm not usually so great at that part. For that reason, food prep is the best! Imagine, if you will, that you get home at 6 pm, take out the prepped items, saute them, cook them, broil them and wallah! Your food is done in 30 minutes!	2 Hrs
Paper Marbeling for Beginners	Dive into the mesmerizing world of paper marbling with our Beginner Workshop! Unleash your creativity as you learn the ancient art of floating colors on a liquid surface to create stunning and unique patterns on paper. Perfect for beginners, this workshop will guide you through the fundamentals of marbling techniques, from preparing the marbling bath to selecting and applying colors. Discover the secrets of creating mesmerizing swirls, intricate designs, and vibrant hues, as you experiment with various tools and materials. This workshop promises a fun and fulfilling experience that will leave you with beautiful marbled creations to treasure.	2 Hrs
<p>Business Groups Options, Bachelorette Parties, Birthday Parties, Self-Care Events, Product Expos, Custom Wellness/Art Packages available. Ask for more information.</p>		
<p>Price includes all supplies unless otherwise noted. If offered, should you choose to upgrade and chose an upgraded style, or use more expensive components, prices will be shown on-site. You may have the choice, but will not be made to purchase the upgrade off-site. Price also includes snacks and alcohol-free beverages. If you would like to bring your own wine, you may do so, but please use moderation and resist pre-workshop drinking. Private Workshops can be catered. Ask for more info.</p>		