



IT'S ALL ABOUT ME WORKSHOPS 2019

Expressive Me • \$149

Join our merry band of creatives for a fun-filled day. This workshop will stretch you a bit, perhaps taking you out of your comfort zone, but not too far out. This day is one of expressing yourself through engaging your imagination, your senses, and your physical self. And let's not forget about having time to get to know other women during some of these activities.

Meet other women who are interested in spending a day in a relaxing atmosphere with no outside distractions. Do yourself a favor and look at what this workshop has to offer. You won't be disappointed. Be prepared to have loads of fun doing activities designed to let your creativity come alive. If you don't take time for yourself now, when will you do it?

This workshop runs from 9 am to 4:45 pm. Registration begins at 8:30 am.

Workshop fee includes all session materials, take-a-ways, and a few surprises. Snacks and beverages will be available throughout the day. Bring your lunch or venture out with other women to nearby restaurants.

This workshop consists of the following sessions:

My Ideal Day – Have you ever given thought to what a perfect day means to you. With some guidance, you will use your imagination to create your perfect day. You'll be surprised at how easy some components are and how difficult other pieces are to put into words. But your final product will amaze you! Share with the group or keep it to yourself; it's up to you.

Fact or Fiction – Part 1 of this exercise is done in the morning. The next piece is done at lunch with other women.

Stress Busters – Four easy to do stress busters that can be done just about anywhere, at any time you feel your stress level climbing.

3D Art – You will walk away with a personal treasure for yourself or as a gift for someone else. You don't need to be "crafty" to do this. You do need some hand/eye coordination though!



Painting – Many of you have attended a local wine & paint class. For those who haven't, now is your chance. No prior painting experience is necessary. You will be guided step by step. Again, you leave this workshop with yet another personal treasure.

Props and Prompts – This activity takes on a life of its own as your team is given a topic or word and you have your choice of props to use to tell your story. Of course, there's always a twist; that keeps things interesting.

Express yourself and watch as other women do the same. You'll leave with some very personal items, perhaps the phone number of a new friend, and a better insight to your creative side! Come alone or bring friends. And remember, if you enjoy your time with us, you can gift a workshop to someone you believe will benefit from expressing themselves.

CHECK OUT OUR OTHER WORKSHOPS:

Metaphysical Me – 1
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Metaphysical Me – 2
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Metaphysical Me – 3
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Let the Games Begin - 1
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Let the Games Begin - 2
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