



## Year Schedule for Life Book 2018

Please note that class descriptions may be adjusted or changed during the year due to unforeseen circumstances. We do aim to stay as closely as possible to the provided class descriptions however.

Week	Month	Lesson Date	Theme	Discipline taught	Lesson Description	Teacher
Week 1	January	1 <sup>st</sup> January 2018	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p><b>"Introduction &amp; Little Art Bites for Beginners"</b> A fun section specifically for beginners or those who feel a little intimidated which goes over all the basics including basic supplies, some colour theory and Life Book how tos.</p> <p><b>"Flexing our Art Muscles – A Fun Warmup"</b> This section includes a creative warm up in which we will explore materials, lettering at setting an intention for the year.</p> <p><b>Main:</b> Let go of that which doesn't serve you on the clouds and plant the seeds of your hopes, dreams, wishes and goals into a fertile ground. Using a variety of techniques and materials we will create a beautiful page with a Garden Fairy that tends to your wishes, hopes and dreams for the new year.</p>	Tamara Laporte
			Celebration & Journey (Releasing Fears & Setting an Intention)	Yoga	Monthly Yoga Session in line with the Monthly Theme	Sarah Trumpp
Week 2	January	08 January 2018	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p><b>Bonus: The Bear of Compassion &amp; Self Love</b> Make a cute bear with me! This bear is the Bear of Compassion who has messages for you that will inspire and foster self love. &lt;3 We will look at what self care and self love Intentions we can set for the year.</p>	Tamara Laporte
			Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p><b>Bonus: "Colorful Abstraction"</b> I will share some of my favourite Techniques for creating fun, easy &amp; colorful abstract Paintings using Watercolor and Tools for Markmaking in this Bonus Lesson and we will combine this with setting Intentions for the new Year ahead.</p>	Andrea Gomoll
Week 3	January	15 January 2018	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p><b>Main: "Two hands, One heart"</b> Through a process of intuitive drawing and writing using our non-dominant hand, we will tap into emotions and release fears - while creating a layered self portrait with photo collage, drawing and painting that celebrates the beauty of our wholeness. This special page will have a focus on our intentions for the New Year too!</p>	Ivy Newport
Week 4	January	22 January 2018	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p><b>Bonus: "Serendipity"</b> We will be starting off the year with discovering the joys of the happy accident and letting go of expectations through an introduction to some monoprinting techniques. Monoprinting is a great way of releasing the fear of the blank page with no expectations in how our results should look. Sometimes the most beautiful comes from the unplanned! This can be very freeing and allows us to experience the wonder of not having to worry about results, and accidental beauty. We will look at texture, mark making and taking risks, and turning this into a sweet little finished picture in which we can celebrate the wonder of serendipity.</p>	Lucy Brydon
Week 5	January	29 January 2018	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p><b>Main: "Setting your intentions in stone"</b> Choosing a word or goal for the new year is a great way to focus ourselves and make our intentions for the year explicit. But often, when some time has passed and life takes over, we tend to forget these intentions. In this lesson we're going to play with texture and patterns, creating a foundation for us to carve in our word or goal for the year and 'set our intentions in stone'. This will become the background for a symbolic self-portrait that represents ourselves for the coming year, and that we can refer back to whenever we need to remember what our focus and intentions for the year are.</p>	Juna Biagoni
Week 6	February	5 <sup>th</sup> February 2018	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	<p><b>Main: "A Heart Full of Happy"</b> In this lesson, we will explore all the things we are grateful for in our lives and place them in a protective heart on the page. Using fun mixed media techniques we will create a wonderful page that will include a 3 quarter portrait.</p>	Tamara Laporte
			Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Yoga	Monthly Yoga Session in line with the Monthly Theme	Sarah Trumpp
Week 7	February	12 February 2018	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	<p><b>Bonus: "Quirky You"</b> What quirks do you have that you make you unique and you-er than you? Let's embody these quirks in a cute quirky bird whose message is that your unique and quirky traits are nothing to be ashamed of: in fact you should celebrate them! &lt;3</p>	Tamara Laporte
			Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	<p><b>Bonus: "You Melt My Heart"</b> Wyanne will demonstrate a large scale encaustic monoprint. Abstract faces representing her family and loves melt together on fine art paper. The process is spontaneous, fun, intriguing and full of unplanned results. Wyanne will show you how to achieve similar results at home with common household items.</p>	Wyanne
Week 8	February	19 February 2018	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	<p><b>Main: "Words of Gratitude"</b> In this lesson we will be exploring all the elements in our lives that we are "great full" for — from friends and families to the simplest things in life, like a smile from a friend or a sunshiny day. We can determine our own happiness by focusing and being grateful for the beautiful, most ordinary things in life. With a brief introduction to pointed pen calligraphy along with watercolor, we will script meaningful words to create a beautiful journal page as reminder of all the blessings in life.</p>	Kathy Glynn

Week 9	February	26 February 2018	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Photography	<b>Main: "Lift UP"</b> For me, there's not an easier way to celebrate the people I love than with a good photograph. A bad photograph can confirm our worst fears, but a good photograph can truly lift our spirits and give us a window into how we're seen by the people who love us. In this class, we will learn how to be able to capture the people we love in candid, beautiful, UPLIFTING ways as a gift to them. Soon realizing that making a great photograph of someone feels as good as getting one!	Tara Morris
			Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Friends Are The Flowers In Life's Garden"</b> I will be teaching a quick mixed media painting of doodled florals that are Meant to represent our nears and dears.	Effy Wild
Week 10	March	5 <sup>th</sup> March 2018	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Mixed Media Art + Personal Development (General)	<b>Main: "Honouring and Grounding - Nature's Wisdom"</b> In this lesson we will bring our awareness to our connection with Mother Earth. We will explore how nature reveals what we are needing most. We will spend time grounding ourselves and noticing what shows up when we take the time to listen in. What colours, symbols, patterns and messages are important to us right now. This wisdom will guide us in creating a deeply personal and expressive abstract landscape.	Laura Horn
			Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 11	March	12 March 2018	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Grateful Heart"</b> We will honor healing moments of stillness, by creating mixed-media piece, which reflects gratitude and awareness of being grounded, protected and loved.	Annie Hamman
Week 12	March	19 March 2018	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Mixed Media Art + Personal Development (General)	<b>Main: "Beauty In The Chaos"</b> In this lesson, I will demonstrate step by step how to create a painting from a colourful, yet chaotic underpainting. Using various mediums, you will discover the joy and freedom of painting instinctively and discover ways to develop your own unique creative voice.	Sharon Harkness-Dobler
Week 13	March	26 March 2018	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Sacred Clay Bowls	<b>Main: "Sacred Dream Bowl of Clay"</b> In this lesson we will explore all the things we are grateful for in our lives. We will create a sacred Dream Bowl of Clay and will incorporate collage and more to connect with what we want more of. This process is a powerful way to set our personal intentions and connect with our dreams.	Nanda Boukes
			Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Creating Painted Papers For Mixed Media Collage Work- Enhance Your Stash!"</b> Learn how to go about creating unique bits and pieces of painted papers to add into your mixed media paintings. Pick up some new tips and tricks while playing with basic art supplies.	Jane Spakowsky
Week 13	March	30 March 2018	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	FAQ, Live Art Session or art journal flip through	<b>FB Live Session with Tam</b>	Tamara Laporte
Week 14	April	2 <sup>nd</sup> April 2018	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	<b>Main: "Finding The Gifts in our Stories"</b> Our lives, stories, feelings and experiences matter. Some were painful, some were fun, many will have carried great gifts with them. In this lesson we will explore the gifts in our experiences and honour them on the page.	Tamara Laporte
			Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 15	April	09 April 2018	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Story Telling	<b>Main: "Your Story Matters!"</b> Tapping into the Power of Deep Story! This experiential workshop will take you deep to gather images, metaphors and stories from your higher self/subconscious. Devorah will lead you through her signature deep, guided InStory process. You will be able to use these images and stories in your art, your writing and your life. Devorah will be available in the group to coach you on how to use and interpret the content you receive. You will learn how to both find and use stories from your life and from your imagination. We will delve into how to pull out the meaning and message from your stories and how to integrate all of who you are into your art, your life and your work in the world.	Devorah Spilman
			Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Super YOU!"</b> We all have experiences in life that push us to rise up and serve another. The story of our lives can reach far and wide, impacting more than we know. In this lesson we will delve into your stories to uncover hidden super powers. We will create a power quote that reminds us to be our own hero and to use our story to raise others.	Christie Drahnak
Week 16	April	16 April 2018	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	<b>Main: "Magical Milestones"</b> This mixed media painting will give us a chance to celebrate our breakthroughs. No matter the size we can find an accomplishment to recognize and be thankful for. Our mystical page will help us focus on what brought us to this point in life and why we are so strong.	Danielle Mack
Week 17	April	23 April 2018	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Your Story is Unique"</b> I truly believe we all have a unique story to tell. Our lives are an amazing journey filled with magical moments, passion & pain, happiness & trials, adventure & loss, & discovery. In this bonus lesson, I will show you different ways I like to add either symbolism or animals, nature elements and certain color choices to enhance and tell a visual story.	Katrina Koltes
Week 18	April	30 April 2018	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	<b>Main: "I Came So Far For Beauty"</b> Creative Practice for me, is a vehicle. A container into which I spill my truth. For me, it's all about the process and the more I devote myself to the process, the deeper I connect with and inhabit what I hunger for most deeply. And that is simply, the desire to live a beautiful life. I believe our paths, especially those that cross in communities like LifeBook, are each an expression of this desire. And it is in gathering as we do and in sharing with each other our stories, we come to know and affirm that no matter how far off or on course we may feel, we are exactly where we are meant to be. So let's celebrate that by getting RAW, MESSY and REAL, together.	Amanda Grace

Week 19	May	7 <sup>th</sup> May 2018	<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Mixed Media Art + Personal Development (General)	<p><b>Main: "Our Source of Strength and Inspiration"</b></p> <p>We will focus on working through creative &amp; mental blocks in this lesson and we will bring our own little inner Muse - our inner Source of Strength and Inspiration - to Life on Paper using Watercolors and various Mixed Media Techniques &amp; Supplies.</p>	Andrea Gomoll
			<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Yoga	<p><b>Monthly Yoga Session in line with the Monthly Theme</b></p>	Sarah Trumpp
			<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	NVC (Nonviolent Communication)	<p><b>Main: "Dance with Your Needs"</b></p> <p>In this session Andy Mason will demonstrate how we can use Nonviolent communication to connect more deeply to ourselves and work through any blocks (either creative or personal) while using the Yes/ No NVC Dance Floors).</p>	Andy Mason
Week 20	May	14 May 2018	<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Clay Art Dolls	<p><b>Main: "Listen to your heart"</b></p> <p>One of the achievements of the "civilised" world is that we are <i>connected</i> twenty four hours a day seven days a week with everyone and have all the information we need, or think we need, about anything and everything. Even when we are not looking for it, new information will find us, will get to us, will seek us out. Yet, it is this plethora of information, news, statistics, opinions, what we should or should not be doing, etc. that might make us feel overwhelmed and is causing us to become <i>disconnected</i> with our inner selves; oftentimes we feel lost and out of touch with who we are. We end up spiralling out and away from, instead of spiralling in and back to, our true essence.</p> <p>In this lesson we will be making a mixed media art doll out of air dry clay and decorating her with acrylic paints, water soluble crayons and paint pens. She will be there to gently remind us that we must make a conscious effort to be still and quiet, to have the courage and strength to block out the "noise" from outside, and to listen inwards to our heart's whispers and our inner wisdom. To come back into ourselves. To come back home.</p>	Sophie Adamou
			<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Mixed Media Art + Personal Development (General)	<p><b>Main: "Enduring Marks"</b></p> <p>More often than we'd like to confess, everything doesn't "come up roses". Inevitably life falls apart for a time, and you are met with thorns. How do you keep going? I don't have all the answers, but I'd like to suggest that when you can speak about something, even if it's a visual language, it is often easier to move forward- to endure. In this lesson, I'll demonstrate how to create an expressive and vulnerable work of art using simple, intuitive (in the moment) marks built up through gradual layers. I hope this layered mark making will become a well loved tool for you to give voice to the things on your heart, whether bitter or sweet.</p>	Mystele Kirkeeng
Week 21	May	21 May 2018	<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Conscious Dancing for Unblocking Chackras	<p><b>Main: "Positive Energy Shift Through Movement"</b></p> <p>In this class, we will take some time to discuss what Conscious Dance is and how you can use it as a tool to shift energy, release blocks and set positive intentions to replace those blocks. We will also take a look at how each of the 7 main chakras relate to our creativity and how blocks in those chakras can be holding you back creatively.</p> <p>By then using the power of movement, we will set an intention to release the blocks from our chakra system and get the energy flowing clearly and cleanly through our chakras. When we are done we will grab our art supplies and create a free and intuitive journal page to celebrate ourselves as artists fully living our creative experience.</p>	Deanna Jinjoe
			<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Mixed Media Art + Personal Development (General)	<p><b>Bonus: "Musical Lines"</b></p> <p>In this short bonus lesson, I'll share a fun exercise I call, "Musical Lines." This is one of my favorite ways to begin a painting because it's all about letting go of a plan and allowing music to be our guide. By closing our eyes and letting the beats and melody of a favorite song guide our pen, pencil, or paintbrush across a blank surface, we immediately move beyond our habits and preconceived ideas. By doing so, we open ourselves up to the infinite possibility of new shapes, spontaneous lines, and a whole new way of creating. Join me for this simple, energizing creative exercise!</p>	Flora Bowley
Week 22	May	28 May 2018	<p>Healing, Courage &amp; Strength</p> <p>(Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative &amp; mental blocks)</p>	Mixed Media Art + Personal Development (General)	<p><b>Main: "Wild Lands, Inspired Hearts"</b></p> <p>Whether physically or spiritually, we are drawn to explore new places and spaces that create awe and connection within us. This is a fun mixed media class which focuses on the healing energy of nature and how strongly it inspires the best in us. Explore with your feet as well as your heart and mind, and paint the wild landscapes of your inner and outer experiences.</p>	Jo Klima
Week 23	June	4 <sup>th</sup> June 2018	<p>Healing, Transformation &amp; Magic</p> <p>Working with Inner Critic Wounding</p> <p>(Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem &amp; Confidence)</p>	Aromatherapy & Mixed Media Art	<p><b>Main: "Healing Recipes"</b></p> <p>In my lesson I will tell you all about the magic of aromatherapy. I'll explain how it works and how you can use these precious gifts from mother Nature to benefit your physical and emotional well-being. I will definitely talk to you about safety and quality too! Once we have covered the basics I will share with you my favourite essential oils and aromatherapy recipes. We will then use these blends as a starting point for making healing recipe art cards that you can keep for future reference or even as an oracle deck.</p>	Marielle Stlop
			<p>Healing, Transformation &amp; Magic</p> <p>Working with Inner Critic Wounding</p> <p>(Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem &amp; Confidence)</p>	Yoga	<p><b>Monthly Yoga Session in line with the Monthly Theme</b></p>	Sarah Trumpp
			<p>Healing, Transformation &amp; Magic</p> <p>Working with Inner Critic Wounding</p> <p>(Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem &amp; Confidence)</p>	NVC (Nonviolent Communication) + Transactional Analysis	<p><b>Main: "You are Good Enough"</b></p> <p>With the insights of Transactional Analysis (parent/ adult &amp; child states) and Nonviolent communication, Andy Mason will present an exercise that will help you transform 'not good enough' messages into 'you are good enough' messages.</p>	Andy Mason

Week 24	June	11 June 2018	Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	Mixed Media Art + Personal Development (General)	<b>Main: "Written Intentions"</b> We will create an intuitive portrait with textured background and intentional positive and transformative messages, scribbled into layers and layers of paint.	Annie Hamman
			Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	Story Telling	<b>Bonus: "Transforming old stories into new visions."</b> We will use the InStory Guided process to clear old blocks and get unstuck, revealing new stories, wonders and insights. We will journey into what I call the Realm of Spiritual Imagination where you will gather insights, images and inspirations to transform into wonders and to help you move forward and open you to new ways of seeing and being. Moving in all the InStory work from vision to content/story and then into form, art, writing, speaking making.	Devorah Spilman
Week 25	June	18 June 2018	Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Mandalas of Positive Light"</b> We often find that the wounds our inner critic open take time to heal. We believe our negative thoughts to be true and our inner critic to be mean and against us. In this bonus lesson, we will begin with an audio meditation to befriend our inner critic. We will then use our journals to tap into the healing process of mandala meditation where personal affirmations will emerge and light us up so we can invite more positivity into our everyday.	Louise Gale
			Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Medal Charms"</b> In this bonus lesson, we will work with negative self talk to create words of inspiration/affirmation. Once we identify healing words, we will etch them onto metal to create charms that can be attached to your journal - a sort of 'medal' to encourage a positive mindset when the inner critic pays a visit.	Kathy Glynn
Week 26	June	25 June 2018	Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	Mixed Media Art + Personal Development (General)	<b>Main: "Nurturing your ArtistSelf"</b> Focusing on how to nurture and lovingly protect your Artist Child and Self. Practical daily and weekly tools to do this and how to cope with your inner critic. How to gain ground and heal creative wounds, even the ones inflicted by and on ourselves. Leading to creating an expressive self portrait starting in stablo and building up into acrylic paints and lots of layers to help find yourself in the paint and brush strokes.	Jeanne Marie Webb
			Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	Writing, Poetry & Art	<b>Bonus: "WICKETS: Words to Live By"</b> Picture it: we're in a café catching up. The conversation is good; we're friends. But later, you recall some of the things you said, the words you used to describe yourself. And suddenly you feel yourself go hmmm. In this bonus lesson we will create a Word Well by making wickets, one-inch cards that we write words on. But this is a Life Book lesson so you know that these won't be just a/n/y words; they will be words that heal and transform (you). And I'm going to show you how to unearth words that speak to you, strike a chord and resonate – a process that calls for a bit of portraiture actually. So save all small drawings of yourself that you would normally toss out, tear up, destroy. Ho-hum, half-baked drafts are never useless. I promise you they hold rich potential in accessing words to live by.	sRebecca Leigh
Week 26	June	29 June 2018	Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)	FAQ, Live Art Session or art journal flip through	<b>FB Live Session with Tam</b>	Tamara Laporte
Week 27	July	02 July 2018	Accepting Shadow & Light (Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)	Mixed Media Art + Personal Development (General)	<b>Main: "Compassion for Shadow &amp; Light"</b> To be able to embrace both shadow & light, compassion and wisdom are needed. All too often does our own shadow frighten us. We are quick to ignore or repress uncomfortable feelings. In this lesson we will use imagery or words that we associate with both 'our shadow & light' and symbolically and creatively 'hold it with compassion' on a page that includes a paint over collage technique.	Tamara Laporte
			Accepting Shadow & Light (Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 28	July	09 July 2018	Accepting Shadow & Light (Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Create Anywhere"</b> Sketching Florals - I'll be teaching you ways to take your art with you. I'll share my favorite travel tools and show you how I sketch florals using my favorite brush pen. It's a great warm up practice!	Joy Ting Charde
			Accepting Shadow & Light (Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)	Mixed Media Art + Personal Development (General)	<b>Main: "Divine Marriage Mandala"</b> Using the mandala form, you'll work with the symbols of the alchemical marriage. In this wedding between heaven + earth, the divine + mundane, sol + luna, you will explore the light and shadow within your personal psychology and realise the opportunity you have to marry these aspects as you progress towards the fulfilment of your unique blueprint in this cosmic existence.	Julie Gibbons
Week 29	July	23 July 2018	Accepting Shadow & Light (Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)	Mixed Media Art + Personal Development (General)	<b>Main: "Chiaroscuro: Your Shine Needs Your Shadow"</b> Explore how we can develop resiliency and be emboldened by a full acceptance of our 'shadow' stuff. I will work with 'light shadow', meaning nothing too traumatic, in a limited palette (white, black, and the primaries, red, yellow, and blue) to create an expressive self-portrait that is half in the light, half in the darkness. The intention of the spread will be to explore how important all of our parts are to the wholeness of ourselves, and that includes our wounds.	Effy Wild

Week 30	July	30 July 2018	Accepting Shadow & Light (Embracing & treating with compassion all aspects/sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Shadow Dancing"</b> <i>"Dance is the hidden language of the soul"</i> Martha Graham  Using a few basic art supplies, we will explore the realms of light and shadow. Through mark making and journaling we will discover the hidden language of our soul. To represent this rise from the darkness into the light, we will be creating a beautiful dancer who will serve as a reminder of our inner strength and the importance of loving and accepting self.	Sharon Harkness-Dobler
Week 31	August	6 <sup>th</sup> August 2018	Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Mixed Media Art + Personal Development (General)	<b>Main: "Heart-Work"</b> Create a soul-based mixed media painting of your internal landscape With affirmative script and a whole lot of sparkle!	Alena Hennessy
			Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
			Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	NVC (Nonviolent Communication)	<b>Main : "Finding Your True North"</b> How do we stay aligned with our 'True North' and be or become the best, happiest, truest versions of ourselves? Join Andy as he shares ideas and exercises on how To 'Find Your True North'	Andy Mason
Week 32	August	13 August 2018	Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Mixed Media Art + Personal Development (General)	<b>Main: "The Garden of Your Mind"</b> Our thoughts have so much power that what we think about grows and creates our life. In this lesson we will create a blossom filled self portrait. Our empowering portrait will serve as a reminder to till our garden and fill it with life giving thoughts. We are always growing and blossoming into the greatest version of ourselves.	Christie Drahnak
			Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Conscious Dancing	<b>Bonus "Limited Belief to Unlimited Belief"</b> For this experience, we will take a few moments to turn our focus inward explore what limiting belief or beliefs we might have around the theme of Life Book this year, "Your Story Matters". Most of us have issues believing in our self worth and the value we bring to ourselves and those around us. Using our art supplies and the movement of Conscious Dance we are going to obliterate our limiting belief and create a new positive intention to replace it. Our finished journal page will be an intuitive, free flowing mandala celebrating you, the powerful intention you have set and the knowledge that yes, your story truly does matter.	Deanna Jinjoe
Week 33	August	20 August 2018	Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Pilgrim: Walking the Path to Deeper Beauty"</b> In which I share with you creative and integrative practices and suggestions for deeply and fully inhabiting a life of inspired devotion to beauty.	Amanda Grace
			Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Archetype Work & Art	<b>Main: "Discover Your 8 Guiding Archetypes"</b> Are you The Queen, Teacher, Goddess, Comedian, Rebel, or Hermit? Find out during this life-changing, insightful class.  In this class you will learn: - What is an archetype - Review the most popular archetypes that Gabrielle works with - Find your guiding archetypes - How to apply this new information and lexicon to your personal and professional life and relationships  You will be able to answer, "Who Am I?" and almost as important... "Who am I not?"  Why does this work so well with Life Book? Gabrielle, who holds an M.A. in art therapy, wrote her book, Art Journal Your Archetypes, because of her own personal experience of using archetypes and art journaling with a career change and because of the awareness, breakthroughs, and self-care she has witnessed with her clients. The art techniques learned during Life Book will be an endless source of inspiration to work with, honor, and explore your personal archetypes.  Tamara personally had an archetype session with Gabrielle and the outcome of her session is highlighted in Gabrielle's book, including Tam's archetype art journal pages. Tam found the session so beneficial, she wanted to share the experience with the Life Book community!	Gabrielle Javier – Cerulli
Week 34	August	27 August 2018	Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Break Free"</b> This month we will look at transforming our limiting beliefs (like 'I'm not good enough') into 'liberating' beliefs. We will use these liberating beliefs to allow ourselves to expand and break free from any self made 'cages'! (Includes a guided meditation).	Tamara Laporte
			Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Growth &amp; Transformation"</b> A BEAUTIFUL LIST A journaling lesson focused on creating empowering lists! List making can be a wonderful way to write down what you want and set goals! We will be incorporating water colors and drawing and collage too!	Ivy Newport
			Growth & Transformation (Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)	Mixed Media Art + Personal Development (General)	<b>Main: "Bold &amp; Delicate"</b> As a cancer warrior, I have learned to take on a very Zen approach to life. One needs to be in the moment, paying attention to everything happening and letting go of attachment to outcome. This approach carries over to my abstract painting. With delicate Japanese papers and watercolors, I'll show you how to transfer your energy to every brushstroke and shape leading you to your own powerful, empowering abstract painting.	Wyanne

Week 35	September	3 <sup>rd</sup> September 2018	Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Mixed Media Art + Personal Development (General)	<b>Main: "Weaving Stories"</b> In this class, we'll create two, richly layered, intuitive paintings on watercolor paper. Throughout this forgiving and empowering process, we'll focus on letting go, trusting our intuition, and allowing our paintings to reveal themselves in a natural, organic way. There truly are no mistakes! We'll also incorporate meaningful ephemera, such as letters, photos, "up-cycled" works of art, papers, and any other two-dimensional items you feel moved to work with. This lesson is inspired by my own recent explorations into mixed-media painting that includes bits of my family's history. I believe incorporating this kind of material creates a deep sense of connection and meaning in our work. I look forward to sharing with you.	Flora Bowley
			Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 36	September	10 September 2018	Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Mixed Media Art + Personal Development (General)	<b>Main: "Our Safe Place"</b> Sometimes in our lives we can experience things that make us suffer, feel unworthy, experience deep fear, or even shame. Those strong emotions can be so overwhelming that we lock it up deep down inside ourselves, so no one can see. But those feelings can build up over time and burst forth, stronger than before if we don't find a way to express them. By gently releasing these fears through art we can create our 'safe place' to express all those feelings out onto our paper. We will create a mixed media portrait of ourselves as we release this healing energy of self-love & light, safety & protection.	Katrina Koltes
			Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Clay Art Dolls	<b>Bonus: "Little Love Notes"</b> Sometimes we need gentle reminders to give us permission to show the same compassion and kindness to ourselves as we do for others. We find it quite easy to give genuine and heartfelt advice to friends and family but when it comes to ourselves we are more often than not strict, absolute and dismissive. Sometimes we need a little love and understanding from us, to us.  In this bonus lesson we'll be making a tiny mixed media art doll and a box full of love notes to ourselves. To remind us of how special we are, how unique we are and that we really need to be our own best friend.	Sophie Adamou
Week 37	September	17 September 2018	Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Angel Inspired Jewellery	<b>Main: "Creating a Personal Love for Yourself with the Angels"</b> In this lesson, Tara Marie Jack, will share with you her approach to invoking Angelic vibration of Archangel Chamuel. She will be discussing the benefits of creating a personal relationship with this Archangel, talk about His Unconditional Loving support. She will also be teaching you how to create a bracelet that will support your connection with Archangel Chamuel and create a high vibrational loving experience in your day.  Archangel Chamuel is the Archangel of Unconditional Love & Self Love. You can also call upon him for help with career, life's purpose, creating healthy relationships, World Peace and seeking soul mates. <b>A little note from Tara Marie Jack:</b> "Self Love has been a very personal topic in my life; I have had many opportunities throughout my life to experience the blessings that practicing self love can create. I have learned that the more I practice Self Love, the more I can see evidence of Loving experiences in my life. That is why I have created a very personal relationship with the Archangels in my life. I am extremely excited to be sharing with you the beauty I have found in my own life with the Archangels & their loving support." ~Tara Marie Jack	Tara Marie Jack
			Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Drawing in the here and now"</b> When we're all caught up in the stress of daily life, drawing can be a great way to calm the mind and slow down. Drawing is an activity that requires our full attention. We're focusing solely on the drawing itself and forget everything else. This can help to bring us more in the here and now. In this bonus lesson we are going to give ourselves a little bit of 'me time'. No need to create Art with a capital A, just follow what our hand wants to create and allow ourselves to relax, to switch off our overactive minds for a while and focus only on the present moment.	Juna Biagioni
Week 38	September	24 September 2018	Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	Mixed Media Art + Personal Development (General)	<b>Main: "Personal Sacred Circle for Nature Connection and Self-Care"</b> When we spend time in nature, our connection to mother earth deepens, it heals us. Our body hums a sweet harmony, our breath slows down and our heart beats in time with the song of the earth. We feel connected. Free. As one. Complete. A sanctuary in nature that is our 'home'. In this lesson, we will use the beauty of nature to inspire imagery and healing words. Firstly, I will share a personal story of how I use nature to gently protect and look after myself, then we will create our own mandala/sacred circle in our journal which we will use as a personal sanctuary for self-care, kindness and compassion.	Louise Gale
Week 38	September	28 September 2018	Gentle Protection & Self-Care (Exploring ways to protect ourselves and look after ourselves with kindness and compassion)	FAQ, Live Art Session or art journal flip through	<b>FB Live Session with Tam</b>	Tamara Laporte
Week 39	October	1 <sup>st</sup> October 2018	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<b>Main: "Nature Around You and Within You"</b> We shall be delving deeper into the world of monoprinting, combining it with other media and methods to make a piece of art that connects us to nature. Being connected to the natural world around us allows us to explore the sacred within ourselves. Spirit animals will play a part, as well as plant forms and the tranquility that these can allow us to feel.	Lucy Brydon
			Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 40	October	08 October 2018	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<b>Main: "Pretty On The Inside"</b> Adornment, Both Inside and Out Adornment has to do with adding specific objects or elements that are inherently beautiful to display added value to that which is adorned. We do this all the time when it comes to outward appearances, but how often do we consciously adorn what's on the inside? Just as we wear our favorite scarf because it compliments our eyes, we can adorn our hearts and minds with qualities that will enhance our very being!  Sacred self care includes adding a little flair! Practice adorning your mind with qualities such as gentleness, perseverance, and peace. Make it a habit to adorn your heart with virtues such as gratitude, passion, and forgiveness. And of course, adorn your body with whatever makes you feel You!  While contemplating the topic of adornment, we will: Experiment with paint and papers, develop a unique portrait, explore different angles of the head, breathe life into our portraits via value techniques and finally, incorporate fabric and stitching (to adorn)	Jane Spakowsky
			Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Aromatherapy & Mixed Media Art	<b>Bonus: "Be Creative Daily!"</b> Being a busy working mom, I know how difficult it can be to make time for yourself and for your art. I do believe though that for many of us creating daily is essential to our emotional well-being and a very important part of taking good care of ourselves. Over the years I have found ways to make the most out of my time and get more art done. In this bonus lesson I will share some of my tips with you while creating a simple but cute journal page. Bonus aromatherapy recipe included :-)	Marielle Stolp
Week 41	October	15 October 2018	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Heart Matters"</b> There is a biblical proverb that says, "Keep vigilant watch over your heart; that's where life starts." That proverb resonates with my spirit deeply because there is always so much life devaluing junk vying for my attention and time and resources. I want to truly live so vigilant heart care is a must! I'm excited to meditate on this proverb using mixed media art.	Mystele Kirkeeng

Week 42	October	22 October 2018	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Yoga	<b>Main: "Building Strength in Your Body"</b> This is a yoga class to build strength in the body and mind, inspire us to do more while and when we can, and to celebrate the beautiful, perfect body we were given. If not now, when?	Tara Morris
Week 43	October	29 October 2018	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Sacred Self Care - Watercolour Meditation"</b> Let's make some space in our busy lives to relax and unwind with watercolour and meditative mark-making. Using a simple shape found in nature as our starting point, we will create an abstract painting that soothes our soul.	Laura Horn
			Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Ode to Self"</b> Learn how to weave Found Inspirations into a poetic form mandala to honour your Being in an act of gratitude and reverence for your earthly existence. A creative practice you can perform daily for sacred soul dialogue.	Julie Gibbons
Week 44	November	5 <sup>th</sup> November 2018	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	Mixed Media Art + Personal Development (General)	<b>Main: "Look Ma! No brushes!"</b> Let's have fun and try to create something without using any brushes! You can use any other tool but nooooo brushes. I recommend fingers, palette knives and perhaps a pencil or 2. Let's see what we can create without any brushes! Step out of your comfort zone and play! :)	Tamara Laporte
			Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 45	November	12 November 2018	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	Mixed Media Art + Personal Development (General)	<b>Bonus: "Remember to Play"</b> Make a small series of playful ink paintings that celebrate the beauty and whimsy of the natural world.	Alena Hennessy
Week 46	November	19 November 2018	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	Writing, Poetry & Art	<b>Main: "WRITTEN ACCESSORIES"</b> You shop, I shop, we all shop. But when I purchase something, I save the lovely tag attached to the garment because I know that it holds rich writing potential. Next time you buy something, take a look at the words on the label. They may sound ordinary but in poetry, when every word counts, a simple word can be – and often is – the one that resonates. In this lesson, I'm going to show you a playful way to write a poem from shopping tags (so start saving and let the raising of eyebrows in your house begin). We will experiment with word choice and colour to be sure but trusting our own narrative, my dear friends, is what will drive our writing in this lesson. All writers welcome, the fearless and the undecided.	sRebecca Leigh
Week 47	November	26 November 2018	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	Mixed Media Art + Personal Development (General)	<b>Bonus: "A Mermaid's Journey"</b> Let's play with the free flowing shape of a mermaid's tail. We will explore how it moves and the way it's shaped. Your tail will have various abstract applications as well as mixed media embellishments. We will create an environment for her and talk about how our unique journey mimics that of the mermaid.	Danielle Mack
Week 48	December	3 <sup>rd</sup> December 2018	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Mixed Media Art + Personal Development (General)	<b>Main: "Cultivating a Daily Creative Practice"</b> Expressive Watercolor Florals - Follow along with me as I show you my floral painting process. I'll show you some ways to unwind and get loose as we work on floral pieces. It's a great way to relax your mind while cultivating a creative practice.	Joy Ting Charde
			Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Yoga	<b>Monthly Yoga Session in line with the Monthly Theme</b>	Sarah Trumpp
Week 49	December	10 December 2018	Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Mixed Media Art + Personal Development (General)	<b>Bonus: "You Made It! Cards"</b> Whatever happened over the past year, you did an amazing job! Let's celebrate the beautiful moments, especially the tiny moments where you chose love, patience, strength, joy or truth, over fear. We'll create small collage cards as reminders and tools to use in the new year (you could create a whole deck!).	Jo Klima
Week 49	December	14 December 2018	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	FAQ, Live Art Session or art journal flip through	<b>FB Live Session with Tam</b>	Tamara Laporte
Week 50	December	17 December 2018	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Mixed Media Art + Personal Development (General)	<b>Bonus: "Living and Embracing a Life of Enough"</b> Finding beautiful in the small things. Capturing, embracing and celebrating Gratitude in small ways everyday, in everything. A healing journey of living a life that is abundantly enough. Leading to paint a theme / a moment to that has captured your heart and soul. Using Stabilo, acrylic paints and mixed media.	Jeanne Marie Webb
Week 51	December	24 December 2018	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Mixed Media Art + Personal Development (General)	<b>Binding your life book</b>	Tamara Laporte

<b>Week 52</b>	December	31 December 2018	Celebration, Gratitude & Learnings  (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Mixed Media Art + Personal Development (General)	<b>All teachers</b>	All Teachers
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Tara Morris	Facebooked
Nanda Bouke	heard from
Deanna Jinjoe	heard from
Gabrielle	
Ivy Newport	emailed