



Year Schedule for Life Book 2019

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.

TERM 1					
Week	Date	Theme	Discipline taught	Lesson Description	Teacher
Week 1	01 January 2019	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>"Introduction & Little Art Bites for Beginners" 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>"Flexing our Art Muscles – A Fun Warmup" This section includes a creative warm up in which we will explore supplies, layering and setting an intention for the year. Involves little to no drawing.</p> <p>Main: "The Light of the Art Angel" For this lesson we will work with the energy of our 'Art Angel' who will help us let go of our fears and focus on being our best self-loving creative selves this year. We will create an art angel in mostly watercolours surrounded by a beautiful cosmic sky.</p>	Tamara Laporte
		Celebration & Journey (Releasing Fears & Setting an Intention)	Guided Visualisation	<p>Guided Visualisation: Releasing Fears & Welcoming in the New</p>	Tamara Laporte
		Celebration & Journey (Releasing Fears & Setting an Intention)	NVC (Nonviolent Communication)	<p>NVC session: Releasing Fears + Setting an Intention - In this session we will start by getting clear on our intention/s (both in terms of process and outcome) for the LifeBook year ahead. Andy will guide you to create a clear idea of what you'd like to achieve and what that might look like. He'll then help you connect with any fears you may when you imagine your year ahead and take you through a releasing process.</p>	Andy Mason
		Celebration & Journey (Releasing Fears & Setting an Intention)	Yoga	<p>Term Yoga Session in line with the Monthly Theme</p>	Sarah Trumpp
Week 2	07 January 2019	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Bonus: "All The Dreams" In this bonus session we are going to focus on the dreams we wish to manifest this year. This painting will include some unicorn magic to help with making our dreams come true!</p>	Tamara Laporte
		Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Bonus: "A Firework of Positivity" & new Year just started - let's focus on starting it right with positive Affirmations and Intentions which we will incorporate into some colorful Art that will serve as a reminder for our Goals and Dreams throughout the Year 2019.</p>	Andrea Gomoll
Week 3	14 January 2019	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Main: "Garden of Possibilities" Complete the past, acknowledge the present, and plant seeds of possibility for your year to come. In this lesson, you'll make a richly layered painting spread, learn how to create gorgeous layers with collage and paint, and dive deep within with juicy writing prompts, to get your year off to a vibrant start.</p>	Annamieka Hopps Davidson
Week 4	21 January 2019	Celebration & Journey (Releasing Fears & Setting an Intention)	Basket Weaving	<p>Bonus: "Weaving Mother Earth" Connect to, and celebrate, our Mother Earth and her bountiful gifts. Through the mindful process of gathering natural materials and forming them into a simple basket, we set our intention, that of being present with both ourselves and our surroundings. We weave our baskets as we weave our lives, with care, attentive love and joy. Using air drying clay, cording, grasses and raffia, found natural elements such as leaves and bark, perhaps a few bone or glass beads, we will create an offering to ourselves, and share our gratitude for our mother earth.</p>	Toni Burt
Week 5	28 January 2019	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Main: "Reaching for the stars" We shall be learning how to let go and create a flowing watercolour portrait. Learning how to add galaxy and forest elements using layering our star child will be released on the page!</p>	Lucy Brydon

Week 6	04 February 2019	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Main: "Super You" We are often so hard on ourselves. Let's spend some very intentional time looking at all the things that are positive and good about ourselves and celebrate & anchor our positive qualities in this art work which will include a paint over collage technique.	Tamara Laporte
Week 7	11 February 2019	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Bonus: "Happy Houses" I love houses and what they symbolise. In this bonus session I want to show you how I create a series of quirky houses, each house can (optionally) represent a positive person, experience or other positive 'thing' in your life.	Tamara Laporte
		Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Bonus: "Celebrate Yourself and Your Ancestors" I share how our ancestors and their stories can be a deep and powerful source of inspiration for us when seeking our own unique voice. We will dive into creating your personal narrative by exploring the re-occurring themes in our own lives and our beloveds' lives as well. We create a type of self-portrait to honor our unique sacred stories.	Carrie Schmitt
Week 8	18 February 2019	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Aromatherapy + Mixed Media Art + Personal Development (General)	Main: "A whiter shade of pale" A few years ago I was diagnosed with vitiligo, a chronic condition in which pigment cells are destroyed and white patches appear on the skin. In my lesson I will share my story, what my first reaction was and how I feel about it now. And as I explain why it has inspired me with much gratitude, we will draw a colourful, whimsical portrait of a girl, adorned with white henna-style tattoos.	Marielle Stolp
Week 9	25 February 2019	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Main: "Have Your Cake and Eat it Too!" Join me in creating a fabulous and uniquely YOU cake in celebration of your life! Using acrylic paints, paint pens and pencil we will let go of perfection and enjoy the freedom and fun to be found in art. We will be mindful of all of the things, people, accomplishments and more that we can celebrate and express gratitude for in our lives.	Janet Skates
		Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Bonus: "Come Thru" Let the fullness of your life come through with this fun, free flowing, lesson using mixed media techniques and thoughts of gratitude.	Tiare Smith
Week 10	04 March 2019	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "Palette Play" An easy, joyful floral abstract created with a palette knife. In addition to the spread itself, I will be demonstrating building backgrounds out of your leftover paint as you work.	Effy Wild
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Stone/ Rock Painting	Bonus: "Light as a Feather" Sometimes "adulting" is hard! Let's pretend we're kids for a bit with this simple project! We'll take a rock, a hard/unyielding surface...and let it symbolize the heaviness of Stress in our lives. Then, we'll play and create a fun and colorful feather out of it with paint and Sharpie pens! We'll allow ourselves to make up marks as we go along and have fun in the process.	Cameron Reutzel
Week 11	11 March 2019	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "Collaboration Celebration" Join Jane Davenport and her guest Tam Laporte in a rollicking experiment with limited art supplies! Yes, the two most art-supply obsessed artists you know swap favourite supplies and joyfully create with each other in Jane's Byron Bay studio at the Nest!	Jane Davenport
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Bonus: "Quirky Mermies" We will go out and paint "plein air" (open air painting) taking a walk around the lake we will find a spot to sit down, relax and paint with watercolors to create beautiful quirky mermies, then at home we still can add more details if needed.	Ady Almanza
Week 12	18 March 2019	Joy & Play (Looking at ways that creative play can support our wellbeing)	Book Making	Main: "Joyful Journals" We will create blank handmade journals to fill with joyful prints & poems inspired by the things (people, places, experiences, etc.) for which we are most grateful. Using a variety of simple printmaking techniques, inspirational prompts for art and writing, and three poetry activities, we will compile a finished little joy-journal that we can pull strength from when we most need support and greater wellbeing.	Kiala Givehand
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Bonus: "There is Only YOU" In this bonus we will begin the work of becoming yourself and Trusting the paint. Trusting the paint is like trusting yourself. Through play we will connect the energy flow between the paint, body and mind	Muriel Stegers
Week 13	25 March 2019	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "Seeing Our Light" Creating should be fun! The joy a creator experiences is from the process of playing; it naturally opens exploration and confidence. In this lesson, we will play with water soluble inks and build on layers of acrylic and gesso to create a female portrait of depth, movement, and glow. Our playing will help to develop our imagination and emotional strength by including a story with our painting that we tell by adding whimsical enhancements, like a bow-tie or top-hat.	Pamela Vosseller
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Bonus: "Playful by De-Zine!" Let's dive in play with watercolor, crayons, smell good markers, stickers and other "kid" inspired supplies. We'll create a miniature zine from a list of "playful" prompts that will have you giggling and bouncing like a kid again. I'm a huge believer that 15 minutes of play every day brings an incredible amount of joy to the creative process and into our lives.	Tangie Baxter
Week 13	29 March 2019	Joy & Play (Looking at ways that creative play can support our wellbeing)	FAQ, Live Art Session or art journal flip through	FB Live Session with Tam	Tamara Laporte
Week 14	01 April 2019	BREAK	BREAK	BREAK	BREAK
Week 15	08 April 2019	BREAK	BREAK	BREAK	BREAK
Week 16	15 April 2019	BREAK	BREAK	BREAK	BREAK
Week 17	22 April 2019	BREAK	BREAK	BREAK	BREAK

Week 18	29 April 2019	BREAK	BREAK	BREAK	BREAK
TERM 2					
	Date	Theme	Discipline taught	Lesson Description	Teacher
Week 19	06 May 2019	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)	Main: "The Power of Here & Now" Do you recognise that sensation of 'wanting to run away from difficult emotions'? I do! :) Over the years I have come to realise how important it is to be with all of our feelings, even the scary uncomfortable ones. It helps us heal and move forward in our lives, if we do! In this session we will look at what can help us honour all of our 'aliveness', all of our feelings and ground strongly into the present moment with the help of a power animal which we will be paint next to a whimsical representation of ourselves.	Tamara Laporte
		Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Guided Visualisation	Guided Visualisation: Honouring our experiences and Grounding into the now.	Tamara Laporte
		Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	NVC (Nonviolent Communication)	NVC session: Honouring & Grounding - In this session Andy will share a way of seeing how we live as characterised by judgement and pain. He'll then take us through an alternative lens to a place of compassion. In so doing he'll show how you can meet the judgements you might have of yourself and others with empathy and transformation.	Andy Mason
		Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Yoga	Term Yoga Session in line with the Monthly Theme	Sarah Trumpp
Week 20	13 May 2019	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Clay Work: Dream Catcher	Main "Sacred Dreamcatcher of Clay" In this lesson we will explore what we are ready to let go of, to make room for, and call in what we desire. We are going to create a dreamcatcher with clay and paint/mixed-media, and will use a powerful process to set our personal intentions.	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)	Bonus: "Playful Self-Expression" Take a moment and ask yourself: What in you needs nourishing right now? Holding your personal answers in your mind, I will lead you through playful self-expression exercises in which we will explore shapes, words and textures with limited supplies.	Iris Fritschi-Cussens
Week 21	20 May 2019	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)	Main: "Both Feet on the Earth: Soul Grounding" We will find grounding by putting bare feet on the earth, taking quiet time to notice and gently accept our thoughts and feelings. We will bring these unfiltered thoughts and feelings to the art journal where we will create a mixed media expressive portrait using earth's pigments. I will share teachings from my Indigenous heritage and culture on the importance of taking time for self and how nature can be our medicine.	Melanie Rivers
		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)	Bonus: "Honouring our Spirit Animals" We shall be learning how to create our own mini animal by carving into a stamp or lino. We can connect with our spirit animals or ancestral connections.	Lucy Brydon
Week 22	27 May 2019	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)	Main: "Planting The Seeds" In our lesson I want to reflect on planting the seeds in our lives. When we desire to start a garden we give thought to what we would like to see grow, where to place it and what season it will bloom. We take the chance and dig into the soul leaving behind the seeds in hope that they will blossom. During this stage of the process, we wait in faith to find out which will sprout and which will stay beneath the earth perhaps for another time. We can also see our lives this way. What seeds would we like to plant? Where would we like to place them? Will we be ready and able to allow the open space of faith while we are waiting for our seeds or dreams to take roots and to find out which ones are ready to blossom? Together we will explore this concept through words and visual imagery. We will take time in self reflection through writing and then bring our thoughts and words to the paper or canvas to set the intention for this new season of our lives.	Lauren Rudolph
		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)	Bonus: "Wholehearted" When we fully embrace who we are, by honoring the "good" and forgiving the "not-so-good" parts of ourselves, we can live from our whole heart. This project is all about self love and compassion: we will start by writing little paper slips to ourselves, to celebrate our gifts and reframe our negative beliefs, then we will use these as collage to create a beautiful heart painting, vibrant with color and positive energy!	Laly Mille
Week 23	03 June 2019	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "The 7 Story Archetypes" In this session we are going to look at our lives and identify one or more main archetypal stories in our lives. We will honour this story and create a piece of mixed media art in response to it.	Tamara Laporte
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Bonus: "Stories in Sepia" In this lesson I'm going to share my favorite way to stat a painting – a technique that also makes a great vintage-looking standalone image, that feels steeped in a romantic past. When I work this way I find drawing to be a lot easier – you may agree. Bring your texture-making tools, the more the merrier!	Dena Ann Adams

Week 24	10 June 2019	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "YOUUnique Stories" Storytelling can be a very important and powerful Part of your Artwork. It adds Meaning and Depth and makes it Unique. I will share my favourite Ways and Techniques to tell a Story though Art and together we will create a Lifebook Page telling the most important Story of them all: the Story about you and your Uniqueness, using some of my favourite Storytelling-Elements.	Andrea Gomoll
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Bonus "Your History is your Foundation" What went before is important, even if it is not visible. You are the precious result of all that has gone before. By building up Layers of poetry words and fun underpainting to create a history, a foundation in your Art, I will show you how to paint an expressive portrait that is Painterly and gestural with loose lines and freedom. This is suitable for all abilities even if you have never attempted to draw a face before.	Emma Pettit
Week 25	17 June 2019	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "Shine On You Creative Diva" Let your inner creative diva out to play with an energetic, colourful, splashy and dramatic watercolour portrait. Where your youth shines through in your bold colour choices, expressive brush strokes and that unique sparkle that you add to your portrait's eyes.	Sillier Than Sally (Sally Walsh)
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Bonus: Honouring Your Story Through Colour" In this bonus session with Donna we will look at how to build value and volume in our painting through the use of colour while honouring our experiences and stories.	Donna Downey
Week 26	24 June 2019	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "Unraveling the Tangle" I always say that I am normal on the outside, but inside it's all a tangle. I think we're all that way to a degree. Let's unravel the tangle inside a bit by creating a portrait and spilling out the threads that tangle us up. I will share with you my favorite ways to write myself down with both asemic and legible text.	Dina Wakeley
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Bonus: "The Interview" Join Jane Davenport as she discusses 'art' and 'life' and 'Artlife' with Tam Laporte in a relaxed, inspiring and joyful interview!	Jane Davenport
Week 27	01 July 2019	Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Mixed Media Art + Personal Development (General)	Main: "Why are the Trees Pink?" EASY step by step acrylic paint based lesson focused on creative courage for beginners and new painters to be brave and inspired. We will explore how whimsy and positive images can create fertile ground for imagination and artistic freedom. No previous painting experience is required YOU can paint this. Trace-ables, step by steps and technique sheets to aid when needed. We will be placing affirmations on our canvases to help us be focused on the positive we need to be embracing in our lives. I will share my materials list but you may use other colors or favorite art materials and still get a GREAT uplifting result.	Cinnamon Cooney
		Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Mixed Media Art + Personal Development (General)	Bonus: "Conversations with Your Committee (Inner Critic, Muse, and Crone)" In this lesson we will go through a series of artful rituals and routines used to uncover, excavate, and connect to the little voices in our heads. We will use those prompts to be in conversation with our inner selves so that we can begin to embrace the role each voice plays in our creative journey and our path to healing.	Kiala Givehand
Week 28	08 July 2019	Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Mixed Media Art + Personal Development (General)	Main: "Excavating Symbology" Since the dawn of time, we as a human race have been using symbols to learn, share our faith, find strength in our duties and courage to grow. In this class we'll explore a set of line drawings to see if they have any personal meaning for us and help us think deeper about the world around us. We'll take these images and create an art journal where we can capture our thoughts, experiences and the synchronicity of life as we start to notice these symbols all around us.	Tangie Baxter
		Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Sacred Self Care Photography/ Poetry/ Mindfulness + Mixed Media Art	Bonus: "I am whole" Letting yourself be seen by the one person who knows you best of all - you - is a powerful practice. Taking self-portraits is one magical way I let myself be seen, and in this lesson, I'll inspire you to capture your courage, strength, and truth through your camera lens. I'll share tips on taking self-portraits and share ways I like to add them to my journal pages.	Liz Lamoreux
Week 29	15 July 2019	Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Mixed Media Art + Personal Development (General)	Main: "Painting from the Heart" Incorporating meditation, movement, and more, we will create floral artwork that is heart-centered and explore what that means to work from this sacred space. Using essential oils, flower guides and other sacred tools that awaken our senses, we will practice painting from a space that is joyful while also acknowledging the fruitful darkness intrinsic in art and life. I share tips and techniques based on my background as a painter and yoga instructor to create art by loving it into being. This practice is based on the principle that the energy we bring to the canvas is reflected back at us in the painting itself. Creating from a space of gratitude and love is a powerful, rewarding and joyful way to create.	Carrie Schmitt
		Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Aromatherapy + Mixed Media Art + Personal Development (General)	Bonus: "Just take the next small step" I don't have blank page fear. There, I have said it. But that doesn't mean that my head is always full of ideas that just have to come alive on the page. Not at all! I just grab a few favourite supplies, start from there and continue to take the next small step. Let's take a few steps together and see where that brings us! And for extra courage I will share my favourite confidence boosting aromatherapy recipe with you.	Marielle Stolp
		Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Mixed Media Art + Personal Development (General)	Main: "Courage Goddess" We'll use some of my favorite creative techniques and symbols to create a "goddess" to hold your courage in moments of doubt, to always remind you that, "you've got this!"	Tiare Smith

Week 30	22 July 2019	Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Mixed Media Art + Personal Development (General)	Bonus: "Get Free!" Learn some of my favorite ways to get un-stuck while making drips, marks, and mixing colors in this fun creative playdate with your inner artist.	Annamieka Hopps Davidson
Week 31	29 July 2019	Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	Tag Book making	Main: "Brave Whispers" Oh the number of times I have 'overthink'-ed myself out of doing something! Even before I had begun, I had figured out all the ways I could fail. Does this sound familiar to you? Imagine all that we could do if we didn't know we could fail! In this workshop, we will create a mixed media tag book of affirmations to remind us to take the first small step even when we are quaking in our boots and give life a chance to open up the paths for us.	Mou Saha
Week 31	02 August 2019	Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)	FAQ, Live Art Session or art journal flip through	FB Live Session with Tam	Tamara Laporte
Week 32	05 August 2019	BREAK	BREAK	BREAK	BREAK
Week 33	12 August 2019	BREAK	BREAK	BREAK	BREAK
Week 34	19 August 2019	BREAK	BREAK	BREAK	BREAK
Week 35	26 August 2019	BREAK	BREAK	BREAK	BREAK

TERM 3					
	Date	Theme	Discipline taught	Lesson Description	Teacher
Week 36	02 September 2019	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)	Main: "What does the Moon Say?" I like working with the symbolism of the moon. To me the moon shines a light IN the dark but also ON the dark. In psychology and tarot the moon often refers to the subconscious or old wounding. In this lesson we will work with accepting (through which some healing can occur) our own shadow and light and work with moon symbolism/ energy to convey this in a mixed media painting that includes, you guessed it: the moon. :)	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)	Guided Visualisation	Guided Visualisation: Mindfulness meditation: accepting/ noticing/ welcoming with curiosity and compassion all aspects of ourselves	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)	NVC (Nonviolent Communication)	NVC session: Accepting Shadow & Light - In this session we will go more deeply into the process of self-empathy and self-forgiveness. You'll be invited to embrace all sides of who you are and learn how to respond to all of you with compassion.	Andy Mason
		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	Term Yoga Session in line with the Monthly Theme	Sarah Trumpp
Week 37	09 September 2019	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)	Main: "OUT OF THE BLUE" Healing yourself by creating art. We will learn and explore ways to use different art techniques to feel better and come "Out of the blue" creating an Art-healing-Space-Time that will always help us to be healthy and feel alive and creative.	Ady Almanza
		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)	Bonus: "Penumbra: Where the Light Comes into the Shadow" As humans, we all experience hardships and pains, and we may not always act the way we wish to. In this lesson, we will acknowledge a hardship from our life and a life teaching that has resulted. These teachings fall between the shadow and light, the penumbra, bringing light to our pains. In our journal page, we will create a mixed media expressive portrait and incorporate the teaching in writing and/or imagery.	Melanie Rivers

Week 38	16 September 2019	<p>Accepting Shadow & Light</p> <p>(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)</p>	Mixed Media Art + Personal Development (General)	<p>Main: "The Healing Power of Art"</p> <p>I have always subscribed to the idea that art is healing. Everyday a practice, A necessity. A humility, A vulnerable exchange between artist and canvas.</p> <p>Until recently when brush, canvas, paint and artist seemed bound by desperation and pain. The unknown, The loss, The fear, The uncharted, Art became my voice when I was unable to speak.</p> <p>My Art, My voice, What I was unable to verbalize through language I was able to express through color. Art is healing, A lifeline in the dark, And portal into the light.</p> <p>Abstract painting is a personal language, An extension of the hearts struggles and joys, A freedom from conventional thought. It should come without judgment Or pressures to be.</p> <p>Abstract art listens and helps heal the broken heart within.</p>	Donna Downey
		<p>Accepting Shadow & Light</p> <p>(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)</p>	Mixed Media Art + Personal Development (General)	<p>Bonus: "Planting the Seeds Meditation"</p> <p>In this meditation we will be connecting to our breath and our energy while being led by a visual sketch. Taking time to center and find presence and connection is essential when connecting to your inner voice and true self. We will be taking a journey of the senses to create space and intention.</p>	Lauren Rudolph
Week 39	23 September 2019	<p>Accepting Shadow & Light</p> <p>(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)</p>	Mixed Media Art + Personal Development (General)	<p>Main: "The Beholder"</p> <p>We will create a modern version of Archangel Michaël. A mans portrait and angel wing. Coolage/crackle Glaze Finish/Gold Leave/Crackle Past of possible and it works out. Archangel Michael, whose name means 'he who is as God', is most often thought of as the angel of protection and the most powerful of all the angels. He is considered a leader within the angelic realm and a patron angel of righteousness, mercy and justice. Archangel Michael assists situations where you are afraid, confused or concerned for your safety. He helps to release fear and doubt, and supports us in making life changes. Additional areas where Archangel Michael can be of assistance include courage, direction, energy and vitality, all aspects of life purpose, motivation, space clearing, spirit releasement, worthiness and self-esteem.</p>	Muriel Stegers
		<p>Accepting Shadow & Light</p> <p>(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)</p>	Mixed Media Art + Personal Development (General)	<p>Bonus: "The Freedom Flowers"</p> <p>Sometimes our thoughts can hinder our creative process and exploration. This short activity can be used on its own or in preparation for your extended creative time. We will let go of our worries, anxiety, thoughts of inferiority or insecurity...whatever it is that we are holding on to and release these things by writing them down on our paper. We will then create a funky flower painting over these words being mindful of the things we can count as blessings and beauty in our life.</p>	Janet Skates
Week 40	30 September 2019	<p>Accepting Shadow & Light</p> <p>(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)</p>	Mixed Media Art + Personal Development (General)	<p>Main: "Wisdom of the Woods" Art journal page</p> <p>Once upon a time, there was a forest, and it was filled with magic... In fairy tales, the forest is always a mysterious place of transformation and initiation. A sacred space out of time, where heroes and heroines become who they truly are, to come back to the world with more wisdom and self-knowledge. The trees provide shelter and whisper stories, while magical animals offer guidance and comfort along the journey. In the dark retreat of the woods, our light has time to grow, brighter and stronger, until we're ready to let it guide us back into the world. In this mixed media art journaling project, you will be invited to explore your own enchanted forest and nurture your creative spark in gentle, magical ways.</p>	Laly Mille
		<p>Accepting Shadow & Light</p> <p>(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)</p>	Mixed Media Art + Personal Development (General)	<p>Bonus: "Artful acts of Kindness"</p> <p>Hope floats but you may need to skip your Rock. In this This class we will join the rock painting movement but with a twist. I will share how creating and leaving hand painted Rocks can help you embrace compassion for yourself and others. By making art in a selfless space for the betterment of others we can tap into our own struggles from a kinder more accepting perspective. You cannot give what you don't have. You will never be poor enough to make another person rich. Sick enough to heal another person's illness or sad enough to make another person happy. You greatest power is in forgiving yourself and paying that act forward so it may catch fire and spread its warmth beyond your heart into the world around you. I will show you how to paint on rocks, find community and embrace acts of forgiveness and kindness. Get ready to see the brighter side of yourself and others not by being perfect but by seeing how your healing can spark the healing of a stranger. There will be a step by step as well as a pdf to help you enjoy your pay it forward experience.</p>	Cinnamon Cooney
Week 41	07 October 2019	<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	Mixed Media Art + Personal Development (General)	<p>Main: "Listen to your Clear and Quiet Voice"</p> <p>I will show you how to paint a expressive figurative piece, using a calm limited palette. We will use Abstraction and looseness but not in a frenetic way, but for letting go of preciousness and restriction. By using sweeping brush strokes and simple lines we will find simplicity in shapes. We will wash over the detail, lose the restriction of outlines, ..we will paint outside the lines. We will listen to what we need. Be Reflective. Not get overwhelmed by detail. Even if you have never painted the figure before, don't worry, this lesson is more about shapes than anatomy.</p>	Emma Pettit
		<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	Clay Work/ Mixed Media Art/ Personal Development	<p>Bonus: "Sacred Power Stone"</p> <p>In this short bonus lesson we will create our personal "power stone". We will tap into our spirit animal, bring it to life, and create a word of intention to encourage, inspire and empower us.</p>	Nanda Boukes

Week 42	14 October 2019	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<p>Main: "Strange Saints" I like to imagine a world where every single thing has its own saint. Endivius, the patron saint of leafy vegetables. Borschtsa, the patron saint of beets. Interneta, the patron saint of websites. You get the picture! We will make lists of our favorite things and design a saint to represent simple things that give us joy. Be prepared to embrace the weird!! I will also demonstrate the process of setting up a small altar to your saint as a reminder to take time to revel in your own joy - a completely optional and completely silly step!</p>	Sarah Trumpp
Week 42			Clay Work: Art Doll	<p>Main: "You are Loved – Art Doll" In this lesson we will create an art doll out of paper clay that will remind you to make self care and self love a priority in your life.</p>	Tamara Laporte
Week 43	21 October 2019	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Mixed Media Art + Personal Development (General)	<p>Main: "Sacred Spaces, Finding Places" Most guided meditation starts with "imagine yourself somewhere..." Let's imagine ourselves somewhere and paint it! In this lesson, we're going to cover some simple color and composition techniques for creating a beautiful sense of space and a place you'd like to contemplate. With a few simple rules and a willingness to mindfully break them, you'll find a new happy place every time you paint.</p>	Dena Ann Adams
			Mixed Media Art + Personal Development (General)	<p>Bonus: "I Choose Me" An expressive self-portrait meant to explore the importance of self care for creatives.</p>	Effy Wild
Week 44	28 October 2019	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	Sacred Self Care Photography/ Poetry/ Mindfulness + Mixed Media Art	<p>Main: "A Map of Here" In this lesson, you'll explore how creativity becomes an act of sacred self-care as you listen to what you need and put your stories onto the page. Using photography, poetry, collage, and paint, you will create a map of who you are in this moment. Through this class, you'll also experience some mindfulness activities that you can use before you create, when you get stuck, and when you simply need to reconnect with you.</p>	Liz Lamoreux
			Sacred Self Care Photography/ Poetry/ Mindfulness + Mixed Media Art	<p>Bonus: "The Messenger" Part of being a healthy artist is giving permission to lift ourselves up. I believe we need to make time to hear our own voice. Creating in art journals helps me to release stress and negativity. For this bonus lesson, we will create an art journal page around an object we connect with; my connection is with butterflies. We will playfully explore ways to use art tools and materials, which we already have in our supply stash. This lesson focuses on giving honor, respect, and love to ourselves.</p>	Pamela Vosseller
Week 45	04 November 2019	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Stone/ Rock Painting	<p>Main: "Behind Those Eyes" Owls were sacred To Athena, the Goddess of Wisdom. Their symbolism includes seeing through deception and uncovering hidden knowledge. As we transform a simple stone into the face of a Barn Owl with acrylic paint, perhaps her gaze will discover hidden truths in us, too.</p>	Cameron Reutzel
		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)	<p>Bonus: "Our Creative Journey - Elk Style" Our creative life journeys are full of ups and downs, twists and turns, and branch out here there and everywhere. Let's reflect on that amazing journey that has brought you to where you are, through creating a dynamic watercolour Elk with powerful antlers branching, reaching out. Antlers that represent the wild rollercoaster ride that is our creative journeys.</p>	Sillier Than Sally (Sally Walsh)
Week 46	11 November 2019	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)	<p>Main: "Grateful Soul" A grateful soul is a present soul. Throughout the year we have been present for each one of our creative expressions. Maybe we've been out of our comfort zone a few times, but we put our soul into it and we are here, now. In this lesson we will choose words that touch our soul and create gratitude in our hearts, expressing how we feel right now, a culmination of our journey this year. We'll create a page that is loose with colour and line, and rich with words and meaning. Our soul will express itself in lines and marks, a face will emerge, and in her face we will see our soul.</p>	Toni Burt
		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)	<p>Bonus: "Ta-Da Affirmations" I love how little kids always say, "ta-da!" when they're happy with something they did. Somewhere in adolescence, we stop celebrating ourselves and start criticizing. Let's create a series of "ta-da" cards for your journal, where you review and celebrate your year's accomplishments.</p>	Dina Wakeley
Week 47	18 November 2019	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)	<p>Main: "Past, Present & Future Self" We will start by drawing three tarot cards to represent our past, present and future. If you are not very spiritual, don't worry, neither am I! I just love using tarot as a springboard to connect with knowledge that is already within us and explore further. We will take inspiration from what we discover about ourselves and let it inform a mixed media piece that incorporates these different stages of our being. There will be prayers.</p>	Iris Fritschi-Cussens
		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)	<p>Bonus: "A Grateful Heart" Let's create an art journal page about all the things we are grateful for this year!</p>	Mou Saha

Week 48	25 November 2019	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)	Binding Your Life Book	Tamara Laporte
Week 48	29 November 2019	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Written Goodbyes	End of Year Goodbye PDF by All Teachers	All Teachers
		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	FB Live Session with Tam	Tamara Laporte
Week 49	02 December 2019	BREAK			
Week 50	09 December 2019	BREAK			
Week 51	16 December 2019	BREAK			
Week 52	23 December 2019	BREAK			
Week 53	30 December 2019	BREAK			