



Year Schedule for Life Book 2020

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

TERM 1					
Week	Date	Theme	Discipline taught	Lesson Description	Teacher
Week 1	01 January 2020	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: "Angels Are Always With You" As we go into the year, we will create a painting of 2 characters, 1 representing you, the other a character that is a guardian angel, the divine spirit, your higher self or any other character who you can image is 'always with you' protecting you and cheering you on. This painting is intended to support you throughout the year.</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	06 January 2020	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Bonus: "What if you fly?" Inspired by the quote: "There is freedom waiting for you, On the breezes of the sky, And you ask "What if I fall?" Oh but my darling, What if you fly?" - we will focus on the up and coming year, what we want to achieve, release some fears and create a girl that is merged with a butterfly symbolising 'flying, without fear' into the new year.</p>	Tamara Laporte
		Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Bonus: "Happy 2020 Mini Planner" Let's celebrate the fresh new Year that lies in Front of us. In my Bonus Lesson I will teach you how to create a cute little Mixed Media Style „Year ahead“ Planner that we will fill with Things to look forward to in this new Year 2020 and that you can continue to fill throughout the Year.</p>	Andrea Gomoll
Week 3	13 January 2020	Celebration & Journey (Releasing Fears & Setting an Intention)	Mixed Media Art + Personal Development (General)	<p>Main: "Soul's Time" We are preparing for a year of discovery, learning, healing, rejuvenation and adventure—a journey—time set aside for self. In this lesson, we will set our intentions for the year and identify what internal resources will we bring on this journey, how we will we reflect and learn along the way, and how we will we be kind to ourselves. We will bring our thoughts and feelings to the art journal page where we will create a mixed media expressive portrait/collage of ourselves that incorporates these intentions. I will share teachings from my Indigenous heritage and culture on the importance of taking time for away in solitude and how to prepare for such a journey.</p>	Melanie Rivers

Week 4	20 January 2020	Celebration & Journey (Releasing Fears & Setting an Intention)	Clay Work	Bonus: "entwine" Using malleable clay, recycled copper wire, and found objects we will create a vessel that will embody and contain our intentions for the year.	Toni Burt
Week 5	27 January 2020	Celebration & Journey (Releasing Fears & Setting an Intention)	Acrylics/ Mixed Media Art + Personal Development (General)	Main: "Mermaid: A sea woman Who chooses Imagination over Fear" Imagination is the only tool that lets us see what could be instead of what is. Enjoy this step by step acrylic painting to tap your personal magical mind. Bring Crowns, Bring wands, Bring all your talismans. Most importantly dear dreamer bring you!! This Acrylic Splash up will be done on paper ..yes paper and you will even get to do some watery Mermaid approved process with it.	Cinnamon Cooney
Week 6	03 February 2020	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Main: "Party Time!" Work with 3-5 major things you are grateful for in your life and celebrate them in a page with a whimsical character who is in 'party mode'. The whimsy character will represent you and will party it up in your painting! :)	Tamara Laporte
Week 7	10 February 2020	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Bonus: "It's the Little Things" It's easy to get caught up in all the things that don't work in our lives, for this session I want us to look at and celebrate all the little things in our lives that do work! We will create a page in urban sketching/ illustration style that celebrates the little things in our lives	Tamara Laporte
		Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Art Journaling/ Mixed Media Art + Personal Development (General)	Bonus: "Soul Family" Create a spread that honours your soul's chosen family using photographs, 'stacked' ephemera, and other elements of mixed media to celebrate and honour those who occupy your innermost circle.	Effy Wild
Week 8	17 February 2020	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Main: "Treasure From Trash - Creating A 'Junk Journal'" We're going to be creating a junk journal from all the pieces of paper you have lying around that you didn't know what to do with. I'll walk you through selecting the paper, sewing the signatures and how to prep & start working in your own handmade journal. I'll introduce you to how working with throwaway materials is wonderful for letting go of perfection and how you can embrace a very loose and free style.	Iris Fritschi-Cussens
Week 9	24 February 2020	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Main: "A Leaf Doodle Artwork incorporating Numbers" For my LIFE BOOK lesson I will be showing you how to use numbers to create leaf shapes and patterns. The numbers 1 to 9 will form the basis of interesting organic leaves. By using the numbers as anchor points I will show how to adapt them and utilise them create interesting combinations by means of doodling with a paintbrush. The process of drawing, using numbers as starting point, has been developed by Este as way to enhance creative flow and develop individual style. By using the familiarity of handwriting this very simple but very powerful method helps to be more creative and get instant momentum to get into a state of flow. Drawing is fundamental in developing creatively. Once leaves had been created, Este will show how to create a nature inspired artwork, filling a page with an arrangement of foliage.	Este MacLeod
		Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Mixed Media Art + Personal Development (General)	Bonus: "Dot Clouds" High flow background in black paint "dot clouds" in white paint pen Join me for a super soothing creative self-care activity: Dot clouds. I find the repetitive movement helps me center and clear my mind; I hope you do too. Use high flow black paint and a white paint marker to create these ethereal images.	Amy Maricle
Week 10	02 March 2020	Joy & Play (Looking at ways that creative play can support our wellbeing)	Clay Work	Main: "Bowl of Laughter" It can be easy to forget that our main function in this world is joy, and often our Higher Self whispers to us that we may currently be taking life too seriously. In this lesson we will enjoy playfully creating a whimsical clay bowl that will lovingly transform our feelings of heaviness into a sense of lightness and laughter.	Tonia Jenny
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Bonus: "Collage Play" Join Kim in this fun and freeing bonus session to make your own colorful papers and then use them in some joyful collage art.	Kim Dellow
Week 11	09 March 2020	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "Let That Inner Goddess Out!" In this lesson, we will learn to let go and PLAY! We will create an expressive mixed media Goddess using acrylic, ink and other mixed media materials and techniques. The demonstration will include a discussion on creating magical skin tones and incorporating your own personal style into your playful journey with your creative soul. Let that inner Goddess come out and play!	Christa Forrest
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Art-Journaling from Life + Personal Development (General)	Bonus: "6 Techniques + 6 Mindsets to have fun with Watercolor!" Watercolour doesn't have to feel scary or to bring anxiety, and this even with a figurative (yet expressive) approach! Let me share with you 6 fun watercolour techniques we can use to paint simple subjects in a playful way and using only one layer. Each technique is also teaching us how to be more relaxed and openminded with our art and how to enjoy the art-journaling process even more!	Anne-Laure Jacquot « Following the White Rabbit »
Week 12	16 March 2020	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "Find your story" We will begin by layering the paint in an abstract way while we are playing with different kind of tools, materials, mark making, values, colour and just experimenting to find out what we like to do. Covering up any parts that we don't like and observing the parts that we really love. We will turn the paper to see if there is a perspective that inspires us to bring out a portrait, figure or story (if not, we will play some more and turn the paper again until we see a starting point that excites us).	Jerney Marisha

		Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Bonus: "Grungy Flow" In this bonus lesson I will show you how playing in my art journal helps me to relax, to let go and to find my flow. I will show you how I, with help of grunge and play, can let go of my inner critique. Art journaling is a very important part of my creative process and for my wellbeing.	Jenny Grant
Week 13	23 March 2020	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "The Shapes and Words of Our Hearts" This is an intuitive, meditative art project that encourages you to focus on your favorite shape, and a poetry writing exercise that is a little like a treasure hunt! Let your heart guide you in this exploratory adventure and your art and poem will find you.	Dar James
		Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Bonus: "Many Moods" A couple of techniques that can help you take the pressure off, stop trying to make art for others and internalize the creative process.	Sabra Awlad Issa
Week 14	30 March 2020	Joy & Play (Looking at ways that creative play can support our wellbeing)	Mixed Media Art + Personal Development (General)	Main: "When I grow up, I want to be..." Being a grown-up is exhausting. It's easy to get bogged down in the newsfeed, the day to day cycle of wake/eat/work/sleep, and the pressures of adulthood. In this lesson, we will take time to be silly, to feed our wild inner self with what it most desires: freedom to return to that time when nothing seemed impossible. All you really need to do is ask yourself one question: what do you want to be when you grow up?	Sarah Trumpp
	03 April 2020		FAQ, Live Art Session or art journal flip through	FB Live Session with Tam	Tamara Laporte
Week 15	06 April 2020	BREAK	BREAK	BREAK	BREAK
Week 16	13 April 2020	BREAK	BREAK	BREAK	BREAK
Week 17	20 April 2020	BREAK	BREAK	BREAK	BREAK
Week 18	27 April 2020	BREAK	BREAK	BREAK	BREAK

TERM 2					
	Date	Theme	Discipline taught	Lesson Description	Teacher
Week 19	04 May 2020	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 Magic of Compassion" Life can be hard sometimes. For me responding with compassion to 'what is alive in me', helps with grounding and honouring what is there, be it sad or happy emotions. Did you know that the giraffe is known as the land animal with the largest heart? For this session we will paint a giraffe incorporating feelings and needs that may need our presence & compassion.	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)	Food and Body Peace	Main: "Grounding and honouring with mindfulness." This lesson will give an introduction into mindfulness, dispel some myths about it - and use our relationship with food and our bodies as a gateway into some grounding and honouring practices.	Vania Phitidis
		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	11 May 2020	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: "Seas the Day!" Within your inky, watercolour-y depths lurk mermaids and their oceanic familiars. Join Jane Davenport in a deep sea dive to discover these vivid souls and unleash them onto paper. Jane will swim you through secrets to her fast, loose and free mermaid style. Prepare to UNDLATE!	Jane Davenport
		Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Dance/ Movement & Mindfulness	Bonus: "Mindfulness: Stillness in the Body" Mindfulness is a particular way of paying attention to the present moment. We'll explore how to be present with the felt sense of the body in stillness, getting to know and making friends with our thoughts and emotions. As we develop mindfulness we find more balance and creativity in our choices and we learn to live with a greater richness, heartfulness and fulfilment.	Salma Darling
Week 21	18 May 2020	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: "embodied" Our bodies are full of emotion and feeling. It's evident in the pose and the way you carry yourself, each little part of you tells a story. In this lesson we will explore the line and form of the figure; its expression. Creating a loose and dynamic representation of the body and it's voice with simple and minimal materials.	Toni Burt
		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: "Unexpected Beauty" In this lesson we will work on letting loose and relaxing while painting in hopes of making it more fun! We will begin our lesson by marking up our board with abandon. We will scribble and scrape let loose our emotions making an "ugly" background. We will then gently and lovingly bring it to a place of beauty.	Nikol Wikman

Week 22	25 May 2020	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: "AMUSED : Honoring the Voice of the Muse" Join Shiloh Sophia for a playdate with the Muse. She says: Many of us are very acquainted with the voice of the critic, even and especially if we are creative. Yet the deepest access to transformation happens when the voice of the Muse is heard and honored. Often the voice of the muse cannot be heard because the critic is so loud or we haven't made the invitation wacky enough for the Muse to say yes to the seduction. Together we will work with acrylic and watercolor paper to summon the Muse and transform how the critic has been dominating our lives once and for all. We will be inviting inside eyes and outside eyes to come together using metacognitive drawing. Please wear a strange hat to this session, and bring two cups of tea. Sunglasses a plus! You will be invited to document your process and to make it as quirky as possible. The Muse shows up the most when the adventure has risk involved....the wilder the better.	Shiloh Sophia McCloud
		Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	Chakras/ Mixed Media Art + Personal Development (General)	Bonus: "Wisdom of the Trees" Trees know to bend with the flow of the wind. Together, in this bonus lesson we will strengthen our connection to Mother Earth by connecting to her wondrous creation, the tree while working with beautiful collage supplies.	Stephanie Ignazio
Week 23	01 June 2020	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "The Layers of Your Story" Our lives are the sum of our experiences and stories, in this lesson we will work with alcohol inks creating milky wispy layers, each layer representing one of our many stories that have produced the 'story of you'.	Tamara Laporte
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Oracle Cards/ Mixed Media Art + Personal Development (General)	Bonus: "Bravery - Handmade Oracle Card" Telling your story can be scary. It's hard to put yourself out there and to share your journey and experiences. In this bonus activity, I want to help you create a little muse to inspire you on this journey. You'll use a hand-drawn template of my "Bravery" Synchronicity oracle card to create your own version of this inspiring archetype! I'll show you how to use color, paint, linework, glitter and other mixed media to transform the template into your own symbol of courage.	Cathy Nichols
Week 24	08 June 2020	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "Being Seen, Being Heard" We're taught from a young age to see, hear and acknowledge those around us, but we are often "Missed" or "Unseen" in the process. We grow up believing our feelings, our experiences and our Self, do not matter. Share your stories through an Intuitive Mixed Media which will speak deeply of who you are. Let's Listen to and really See Our Truest Self with Love and Acceptance.	Kassi Martin
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Bonus: "What Lies Inside" We'll explore the inner landscape of our feelings by creating a colourful painterly face. We'll focus on how to select pleasing colours, the power of neutrals and contrast and inserting bold expressive decisions into our work.	Iris Fritschi-Cussens
Week 25	15 June 2020	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "Me, Myself and I" YOU are special and unique. In my colorful Lesson „Me, myself and I“ we will create a fun Watercolor & Mixed Media Project honoring and celebrating you, your YOU uniqueness and all the Things that make you special – the good as well as the „bad“ ... throw a Party for yourself, celebrating YOU!	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: "Write Yourself" In art journaling for me, the journaling is just as important as the art. I believe a lot of ourselves and our story is revealed in our journaling. In this lesson, we will make an art journal page that will focus on the journaling to honor our stories. No matter how big or small-- your stories matter!	Jennifer Engle (Mixed Media Jen)
Week 26	22 June 2020	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Main: "My Story in Flow" In this lesson I will bring you on a journey. I will create my page in many layers, starting with collage. I will find the story that wants to be told by letting go and listening to my feelings while painting. In the end, I will show you how I turn my journal page into a soulful piece of art! Ultimately, art journaling opens up the magic of what is unique within me!	Jenny Grant
Week 27	29 June 2020	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Mixed Media Art + Personal Development (General)	Bonus: "Triskele - A Celtic inspired artwork" The Triskele symbol - the Celtic triple spiral symbol for mind, spirit and body is used as basis for a circular artwork incorporating leaf shapes derived from adapted numbers. Process: Organic leaf shapes are created by incorporating numbers turned into leaves as shown in the main Life Book project. These are flowing from the out of the Triskele structure. The process is simplified and mindful with a focus on meditation and ease of creating. The circular and spiral forms aid flow and ease in developing an artwork with elements of self love and affirmations incorporated.	Este MacLeod
		Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Art Journaling/ Mixed Media Art + Personal Development (General)	Bonus: "Be All In" An art journal page Using acrylic paint, gelli print scraps, foam stamps and stencils. We will enable creative energy through simple layering techniques and express our current thoughts to release, reflect and refresh.	Lisa Oxley
Week 28	06 July 2020	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: "All The Layers" In this session Kim will show you how to use mark making and layering to build courage and to learn how to trust your instincts, whilst pushing through your stops and the things that can block or hold you back.	Kim Dellow

Week 28	06 July 2020	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)	Art Journaling/ Mixed Media Art + Personal Development (General)	Bonus: "Soul Cards" We are going to create a deck of cards to help us overcome the mental blocks we sometimes have when we get "stuck" and start over thinking. This deck will give a prompt to help you get back into your flow.	Tiffany Goff Smith
Week 29	13 July 2020	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: "I AM Where I Need to Be" In this lesson we will accept where we are at this moment and create! Don't worry about messing it up here, just give yourself permission to explore and experiment with your creative soul. We will begin by creating our I AM statement and use that positive affirmation to guide us along as we create a mixed media goddess using acrylic and mixed media techniques. Our intention is not perfection here but the willingness to just create without judgement, fear and the unknown.	Christa Forrest
		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)	Dance/ Movement & Mindfulness	Main: "Mark-Making through Movement Awareness" Building on the Summit Activity we'll explore freeing up the body and being aware of the body in motion with mindfulness. We'll focus on what the body feels like, rather than the judgements or critique we often have about our bodies. Through this process we will explore mark-making and what shapes, patterns and textures, as well as thoughts and emotions, emerge through in un-censored mark-making. Using charcoal, chalk or pastels, we can draw on different planes: wall, floor or table. The resulting mark-making might be vulnerable, tentative and tender, an energetic, explosion of vibrancy and passion, or anything in between.	Salma Darling
Week 30	20 th July 2020	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: "Red Sea" Painting off one of the sketches I did during the Summit Activity, I'm doing a portrait with some unusual background colors and composition. In the meantime dealing with being outside my comfort zone (argh) and making artistic choices I can't predict (double argh). Let's wrestle through this together shall we? ;)	Sabra Awlad Issa
Week 31	27 July 2020	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)	Clay Work	Bonus: "Remembering Me" In this fun and easy activity, we will create a small wall hanging from simple clay shapes, featuring loving reminders of your unique gifts and powers that serve you in any situation.	Tonia Jenny
	31 July 2020		FAQ, Live Art Session or art journal flip through	FB Live Session with Tam	Tamara Laporte
Week 32	03 August 2020	BREAK	BREAK	BREAK	BREAK
Week 33	10 August 2020	BREAK	BREAK	BREAK	BREAK
Week 34	17 August 2020	BREAK	BREAK	BREAK	BREAK
Week 35	24 August 2020	BREAK	BREAK	BREAK	BREAK
Week 36	31 August 2020	BREAK	BREAK	BREAK	BREAK

TERM 3					
	Date	Theme	Discipline taught	Lesson Description	Teacher
Week 37	07 September 2020	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: "Don't be afraid of your shadow" In order to become whole a human, integration of the shadow is as important as integration of the light. The shadow is more frightening to many of us though. For this session we will look at integrating some of our shadow aspects on page that incorporates a compassionate character that sits with 'your inner shadow'.	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
		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)	Art Journaling/ Mixed Media Art + Personal Development (General)	Main: "All Of Me" Work with written journaling, selfies, and paint over collage to create an expressive spread that will act as an invitation to all of your parts to show up and join you on your creative journey. Alternatives to selfies will be given for those who prefer not to work with their own image.	Effy Wild

Week 38	14 September 2020	<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>	Acrylics/ Mixed Media Art + Personal Development (General)	<p>Bonus: "Feed the right Wolf"</p> <p>We will create a folk art style watercolor painting to embrace feeding our best wolf. We will look how the popular folklore legend "Two Wolves"- fits into our modern life: : <i>An old grandfather is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too." The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old grandfather simply replied, "The one you feed."</i></p>	Cinnamon Cooney
Week 39	21 September 2020	<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>	Art-Journaling from Life + Personal Development (General)	<p>Main: "Embracing Light and Shadows, In your Art and for Yourself"</p> <p>Rather than fighting our own shadows and feeling sorry for our failed art attempts, what if we learned to embrace and accept our artist soul and art pieces as a whole?! Let's figure out what the watercolour process can teach us about ourselves! Together, we will first open our eyes to light and shadows, literally and figuratively. Then, getting bolder with our art and strengthening our values will create a pathway for self-forgiveness and confidence. At last, we'll figure out different ways we can turn our mistakes into opportunities and even find beauty in them to, once again, getting a bit more peace from the bottom of our art. :)</p>	Anne-Laure Jacquot « Following the White Rabbit »
		<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: "Let The Dark Be Seen"</p> <p>From our earliest experiences we are taught to value and strive for Approval versus Disapproval, Positive vs Negative, Good vs Bad, Light vs Dark, Happy vs Sad...</p> <p>A sense of "Extremes" emerge, suppressing or denying the Shadow Side Of our selves, yet our Shadow is always there.</p> <p>Let's explore the notion of "Balance" through Colour & Texture.</p>	Kassi Martin
Week 40	28 September 2020	<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: "Feeling the way to Flowers"</p> <p>In this lesson we will paint flowers exploring colour and texture while learning how to let go and trust our intuition. While painting we will discuss how the way we in which speak to and of ourselves can either free us or stifle us in the studio. It is so easy to be hard on ourselves but what would happen if we spoke to ourselves like we would a child? Loving and understanding that while we might make mistakes it is all part of the journey. I believe any painting can become beautiful with enough patience and love.</p>	Nikol Wikman
Week 41	05 October 2020	<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	Art Journaling/ Mixed Media Art + Personal Development (General)	<p>Main: "Piecing YOU Together"</p> <p>A twist to a normal self portrait using photographs of you and your ancestors. Adding hand stitching and texture elements to create a layered page of acceptance.</p>	Tiffany Goff Smith
Week 42	12 October 2020	<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	Chakras/ Mixed Media Art + Personal Development (General)	<p>Main: "Sacred Soul Space"</p> <p>Imagine if you will, a beautiful soul space that is yours and yours alone. A place where you can go at any time and feel comfortable and connected to your authentic truth. In this workshop, we will use magazine photographs, collage and watercolor to create our sacred space. We will learn a simple, but profoundly fun way of photo transferring using a gelli plate.</p>	Stephanie Ignazio
		<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>Bonus: "Medicine Bundle"</p> <p>It is so vital to take time to look after ourselves. We can give ourselves sacred 'medicine'. Each of us has different 'medicines' we can draw from—meditation, art, time with family, self-compassion.... In this lesson, we will identify which medicines we want to put into our 'medicine bundle'. In our journal page, we will create a mixed media expressive portrait that includes a fabric (or paper) medicine bundle necklace. We will write down our 'medicines' we want to put inside as we explore the sacred act of self care.</p>	Melanie Rivers
Week 43	14 October 2020	<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	Weaving	<p>Main: "Strands of Self Love"</p> <p>In this lesson we will create a woven wall hanging/ tapestry with 'strands' of uplifting messages. The process of weaving itself is very meditative and can help calm the mind and body.</p>	Tamara Laporte
Week 44	26 October 2020	<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>Bonus: "Poetry dive with the muse"</p> <p>Discover how to easily access the voice of the Muse through poetry. We will be inviting inside voice and outside voice to come together and speak to us. Shiloh Sophia will share how the practice of writing amusing spontaneous poetry can be a form of potent self-care that can change your state within minutes!</p>	Shiloh Sophia McCloud
Week 45	02 November 2020	<p>Celebration, Gratitude & Learnings</p> <p>(Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).</p>	Mixed Media Art + Personal Development (General)	<p>Main: "Everyday Wonders"</p> <p>In this lesson, we will discover some pieces of ephemera or pieces our daily lives that connect us to the sacred in ourselves. When you stop and really look around, it is easy to see the connection and symbolism in so many of the things around us. We will discuss how/where to find these items and then incorporate them into an art journal page. While working on our pages, we will explore some basic art journaling/art principle techniques such as color and composition and incorporating those into our pages.</p>	Jennifer Engle (Mixed Media Jen)
		<p>Celebration, Gratitude & Learnings</p> <p>(Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).</p>	Mixed Media Art + Personal Development (General)	<p>Main: "Inner Landscapes- Mindful Painting"</p> <p>Create a deep, open landscape using my smoky background and bleed-in techniques with high flow acrylic paints. Add mark making to develop your abstract landscape further, and develop mysterious images as they emerge. I'll help you dance between learning these skills and tuning in through your senses in a mindful way. You'll see how mindful art helps open your imagination and your most beautiful art process.</p>	Amy Maricle

Week 46	09 November 2020	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Art Journaling/ Mixed Media Art + Personal Development (General)	Main: "All that and More" Reflecting on the year, we will create an uplifting vibrant piece combining events and details of the years memories into a personal work using acrylic paints, stencils, foam stamps and ephemera.	Lisa Oxley
		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)	Bonus: "There's No Place Like Home" Home has always been an important idea for me... creating a home that I feel safe in, that my family feels comfortable in, and a place where the door is always ready to welcome a friend with laughter, stories and love. This is a freestyle, collage lesson that explores the concept of home in a playful, whimsical way with a focus on the five basic shapes.	Dar James
Week 47	16 November 2020	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Oracle Cards/ Mixed Media Art + Personal Development (General)	Main: "Gratitude Bouquet" Draw on the wisdom and medicine of flower archetypes as you paint your own flower gratitude bouquet! Let's get in the flow of our creativity and practice gratitude using the wisdom of flower archetypes. Flowers are not only beautiful, but they also have a long history of symbolism and healing properties. Join me as we paint a flower bouquet to express our gratitude, allowing the meaning and energy of each bloom to hold the space for what we most cherish in our lives.	Cathy Nichols
Week 48	23 November 2020	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)	Bonus: "Cherish and farewell" In this bonus lesson we will paint on two stones. One will represent something about ourself that we cherish and want to celebrate. This one will get a nice space in our home to remind us to nurture and appreciate this quality. The other stone will represent something we would like to say goodbye to. I will encourage the students to pick something that is manageable and concrete and I will discuss the decision making with my own stone as an example. We will go outside and abandon the stone somewhere while we say goodbye to it.	Jerney Marisha
Week 49	30 November 2020	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Book Binding	Binding Your Life Book	Tamara Laporte
	Written Goodbyes		End of Year Goodbye PDF by All Teachers	All Teachers	
	04 December 2020		FAQ, Live Art Session or art journal flip through	FB Live Session with Tam	Tamara Laporte
Week 50	07 December 2020	BREAK	BREAK	BREAK	BREAK
Week 51	14 December 2020	BREAK	BREAK	BREAK	BREAK
Week 52	21 December 2020	BREAK	BREAK	BREAK	BREAK
Week 53	28 December 2020	BREAK	BREAK	BREAK	BREAK