



Lory Newsom Art & Your Soul~Creative

Are coming to Burien WA to teach two very unique and inspirational **PAINTING** techniques at
Three Tree Wellness Center

The following classes appeal to people who are interested in the dimensions of the artistic/creative, healing/therapeutic and the meditative/spiritual practices in life.

Painting Made Easy-Spirit Owl Workshop on May 15, 2012

This workshop makes painting accessible to everyone--the less experience the better! You will be lead through the Creatively Fit painting made easy technique. We will focus on creating an owl because they have been linked with 'Arts and Skills' and can help you to become wiser and creative. You will create a fun, colorful OWL painting, but even more importantly you will learn how your creative spirit wants more of you and how it is there, within, waiting to co-create magical change in your life! Includes one 10x14" canvas, and all paint supplies. Class limit 8



Painting from Your Soul-Abstract Painting Experience on May 29, 2012



Come and enjoy a relaxing and restorative retreat for your heart, body and soul by sharing your creative spirit with others in a healing environment. By using Art4Healing® methods, participants experience greater self-awareness, confidence to process feelings and emotions, and feel free to express the creative muse which resides within! This in a 2hr. workshop and all supplies are included. You will go home with 2 beautifully painted canvas boards and an abundant sense of calm. No previous art experience needed. Class limit 8

Instructor: Lory Newsom

ADULT Workshop 6:30-8:30P *\$35 Special Introductory Fee *supplies included
Three Tree Wellness Center 643 SW 152nd Ste A Burien, WA 98166
Please call Shari 206 257-4765 to register for classes

About Instructor: Lory Newsom of Your Soul Creative is a *Certified Creativity Coach* and Art4Healing® Facilitator as well as a local Encaustic and Mixed Media Artist.

lory@yoursoulcreative.com