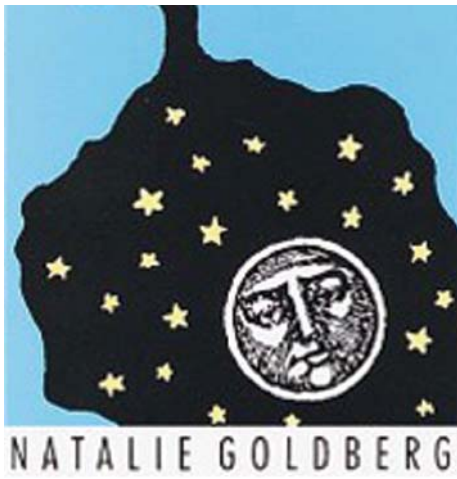


Creativity Series



WRITING DOWN THE BONES

NATALIE GOLDBERG

SEPT 20 & 21 2008

TUITION: \$ 250



Natalie Goldberg is the author of *Writing Down the Bones: Freeing the Writer Within* (1986), which broke open a world of creativity and started a revolution in the way writing is practiced in this country. The book has sold over one million copies and been translated into nine languages. Since then Natalie has written nine other books, including

the novel *Banana Rose*, and most recently, *The Great Failure*. Natalie has a national reputation as an acclaimed teacher with students coming from around the world to attend her life-changing workshops. She has been practicing Zen meditation and teaching seminars in writing for the last twenty-five years.

The Oprah Winfrey Show sent a film crew to spend the day with Natalie for a segment on spirituality that covered her writing, teaching, painting and walking meditation. Join Natalie for this extraordinary two-day hands-on writing workshop sponsored by the Sedona Arts Center.

(Full payment is due upon registration for this workshop. \$100 is non-refundable. There are no refunds after Aug 20, 2008)



ZEN CALLIGRAPHY

THE CREATIVITY OF NON-DOING

ALOK HSU KWANG-HAN

OCT 4 & 5 2008 OR SEPT 5 & 6 2009

TUITION: \$ 375

(INCLUDES BEAUTIFUL MATERIALS: BRUSHES, PAPER, FELT, ETC FOR YOU TO KEEP)

This workshop is for artists and non-artists, anyone drawn to the adventure of being intimate with the unknown. A great intelligence, good humor and creativity all exist outside the boundaries of what we know.

Through simple and effective energy and meditation exercises, you will more and more return to the natural state of "resting in presence and moving from emptiness". Throughout the two days, we will share our paintings in gentle and humorous ways, becoming more relaxed and available to existence.

Alok Hsu Kwang-han is a highly original and internationally acclaimed Zen calligraphic painter from China.

www.zencalligraphy.com

THE REFLECTIVE JOURNEY

LIBBY CALDWELL

OCT 4 & 5 2008 OR APR 25 & 26 2009

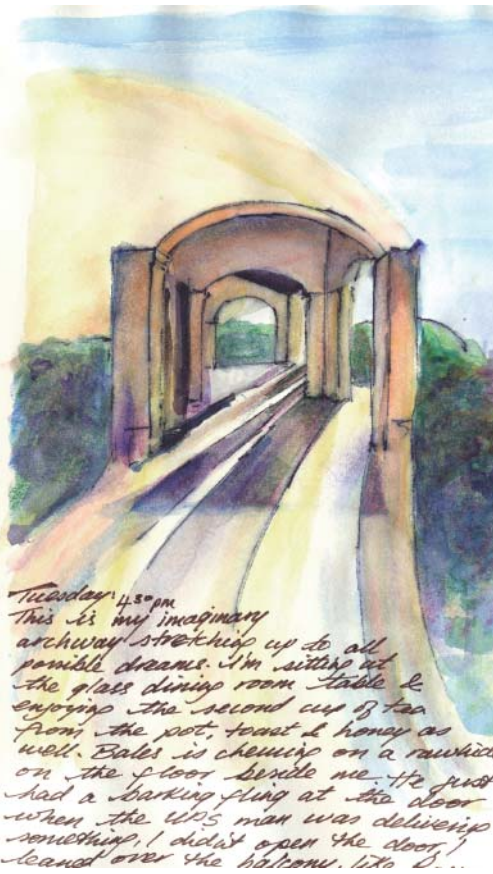
TUITION: \$ 225

The Reflective Journey will guide you in recording everyday life, life changing events, travels and things remembered. By learning simple techniques that anyone can do, you will be able to combine sketches, color, collage elements and words into unique personal compositions that capture the essence of the moments in your life. This class is appropriate for experienced artists as a way to enhance their sketchbooks (the 'source book' of artistic ideas.) It is also a great way to begin exploring art, by creating the

enhanced memories and richer experience that reflective journaling provides. Materials fee of \$55 to instructor covers all materials including a kit for constructing your own journal in the first few hours of the class.

www.thereflectivejourney.com

Expand your creativity by adding the "Pocket Sketching" class with Kath Macaulay for three days to create a unique 5 day workshop.



*Tuesday 11:30 pm
This is my imaginary
archway stretching up to all
possible dreams. I'm sitting at
the glass dining room table &
enjoying the second cup of tea
from the pot, toast & honey as
well. Bales is chewing on a rawhide
on the floor beside me. He just
had a barking fit at the door
when the UPS man was delivering
something. I didn't open the door. I
leaned over the balcony. Lito D...*

POCKET SKETCHING

KATH MACAULAY

OCT 6,7,8 2008 OR APR 27, 28, 29 2009

TUITION: \$ 325

Pocket sketching - using a very small 4 x 6 format and inexpensive materials, anyone can learn to create watercolor sketches of excellent quality anywhere. Enhancing creative awareness, this is an ideal skill for journaling and traveling, embellishing the experience of each. Kath teaches students to complete their sketches in twenty minutes or less as they learn techniques that can be done on a cruise ship, while standing in line or during a quick cup of coffee.



Expand your creativity by adding "The Reflective Journey", a personal journaling workshop with Libby Caldwell for two days to create a 5 day workshop.