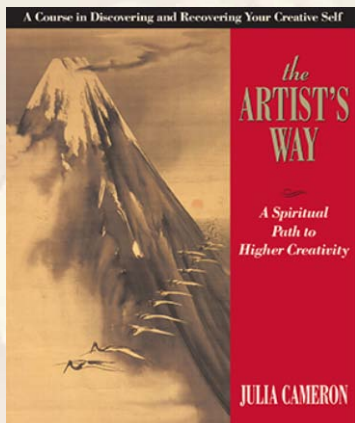


the **ARTIST'S WAY 12 - WEEK CLASS:** *A Spiritual Path to Higher Creativity*



- Do you believe that you are creative?
- Have you ever felt creatively blocked?
- Are you ready to reignite your creativity?
- Do you want to learn how affirmations can be a powerful tool for you?
- Do you let self limiting beliefs stifle your creativity?

If you answered yes to any of these questions, this is the class for you! I invite you to join me for this 12 week exploration of Creative Living. ***The Artist's Way*** by Julia Cameron will guide us on our journey. You will learn about the two basic tools of creative recovery: Morning Pages and the Artist Date. You will explore what blocks your creativity, including self limiting beliefs, fear and self-sabotage. You will learn to replace them with affirmations and a new found confidence in your creative ability. Discover the thrill of channeling your creative energy in your personal and professional life!

The requirements for this workshop are:

1. Attendance at weekly classes
2. Daily commitment to "***Morning Pages***" (15-25 minutes of stream of consciousness writing in the morning)
3. Weekly "***Artist Date***" (a date with yourself to do something fun, adventuresome, playful and intentional)
4. ***The Artist's Way*** (available at local bookstores and Amazon.com)

WHEN: Monday evenings, starting October 2, 6:00 – 7:30 PM

WHERE: Nina's Coffee Cafe, 165 Western Avenue N, (corner of Western & Selby), St Paul, MN 55102

INVESTMENT: \$349 – Early Bird Discount \$299 until September 20

To Register: Please contact Nancy at 612-245-5960 or www.nancyjambor.com

Space is limited to 7 participants – **Register early!**

About Nancy:

Nancy Jambor is a Success Coach and has been coaching clients and teaching *The Artist's Way* classes since 2000. She also designs and facilitates retreats for women.

"I truly enjoyed Nancy's Artist's Way class! It was refreshing to attend a class with like-minded people where we felt open to share how the exercises in the book can make a positive impact to our daily life. Besides the many excellent exercises given in the book, Nancy also implemented some of her own fun activities. The very best part of the class was how Nancy made sure we all felt so comfortable with each other. It felt like our own little 'Artist's Way' family!" ~E.D. Fridley, MN