



Painting from the Inside Out

A Soul Process

"You must give birth to your images, they are the future waiting to be born."

Rainer Maria Rilke

Through gentle breath, movement and perception explorations, land in the fertile ground of the present moment.

In the immediacy of a blank page of possibility, allow images "waiting to be born" through you at this time, to germinate and arrive in the time of ripeness.

Receive the medicine of Soul imagery blossoming spontaneously in color, shape and gesture. Experience the fruition of creative flow returning in the embodied now.

NO PAINTING EXPERIENCE IS AN ASSET!

Experienced painters find new inspiration, freedom and surprise.

Penny Allport has been developing and sharing Painting from the Inside Out, a Soul Process, for over 10 years. Her inquiry-based explorations serve the inherent wisdom and imagination in each individual, and the Soul's endless call to embody and creatively live the mystery of this messy and magical life.

Sunday, March 16, 2014, 11am - 5pm
Dream Lodge, Wilson Creek, Sunshine Coast, BC

REGISTRATION:

Fees: \$75 or two can come for \$130. All supplies provided.

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