

Vision Boards: Claiming Your Intentions for the New Year

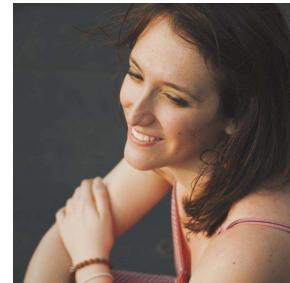
With Emily Willen

Saturday, February 17 from 2 – 5 pm

Cost \$35

Vision boards have long been recognized as a way to claim and make manifest that which you wish to create in your life. A vision board is simply a collection of images, pictures, and words that resonate with your goals and aspirations. Creating a vision board is a powerful way to focus and solidify your intentions for the upcoming year.

In this workshop, you will have an opportunity to create clarity surrounding your goals in all areas of your life for 2018: to feel empowered in your ability to achieve them; and to experience joy in the process of engaging your innate creativity. Workshop time will include explanation of vision boards and how they work, ample time to create your vision board, a journaling exercise, optional group sharing, and will end with a collective meditation to seal our intentions.



All art supplies will be provided; however, feel free to bring with you any photos, pictures, or other images that you might want to include in your board! No previous art experience is necessary.

This workshop will be facilitated by Emily Willen, art therapist, Reiki Master and yoga teacher. Emily is passionate about facilitating creativity, joy and exploration in her classes and workshops.



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