



Feminine power & connection

What labels can you claim? What ones can you give up? Women have been told that they are too much, too loud, be quiet, don't make waves, go along, play small, do more, make more, be more fun, warm up, and so on. It's exhausting! Can we just be who we really are? Can we claim that fully? Join me to banish the old out dated labels thrown upon us! You are enough!

- paint a female figure (with help)
- free your mind from labels
- claim your power
- paint playful flowers on sides
- Cultivate JOY of being YOU
- Connect with the feminine

All materials included:

Watercolor paper
inks, brushes, watercolor paint,
sharpie marker



Using Intentional Creativity® participants will release the old names, labels and descriptions of themselves. They will connect to the Divine feminine within through writing and discover new messages, words and phrases that resonate with who they are and what they are becoming. By my examples, women will paint a loose playful figure with flowers (or design of choice) on the sides, bringing in joy and female power. Written words will be added to the painting as reminders of how fucking awesome they really are.

2.5 hours

\$75 ea.

\$60 ea. two or more participants

"It was fun to see what came up in my writing today."
-Meghan D



"It felt great to do something like this for myself!"
-Katie R