

# The Artist Within

## An Integrative Art Workshop and Bodywork Series



For **three months** (August 3 – November 2, 2008), immerse yourself in your creative life by exploring your artist within. This hands-on holistic healing package includes a dynamic combination of **group art workshops** and **individual holistic bodywork sessions**.

In this package you will...

- ★ Tend to your creative life, allowing it to grow & flourish.
- ★ Explore your identity, personal journey, desires, and dreams through a powerful combination of reflection, art, and bodywork.
- ★ Connect with like-minded people for creative play, support, and inspiration.
- ★ Release stuck-ness in your body and your life through dynamic art exercises.
- ★ Learn to listen to your body's powerful messages and creatively address old injuries or traumas that are being held in the body.
- ★ Improve your well-being through bodywork sessions that both heal and rejuvenate your mind, body, and spirit.

### This package includes...

- ★ Four “Artist Within” group art workshops – all art supplies provided!
- ★ Tasty snacks and tea provided at each workshop.
- ★ Three 90-minute individual bodywork sessions (one session per month).
- ★ A community creativity blog for between-workshop sharing, support, and inspiration.
- ★ Weekly art exercises I will post to the blog to foster creative momentum.
- ★ A “Creativity Pack” of goodies, including an artist journal and a “Second Chakra Kit” for creativity.

To reserve your spot in *The Artist Within*, please email or call Courtney at [cputnam@rising-bird.com](mailto:cputnam@rising-bird.com) or (206) 228-9124 **by July 1, 2008**.

Space is limited to 8 participants.

**Cost: \$495\*** Cash, checks, and credit card (via PayPal) are accepted.

**See the next page for workshop schedule and descriptions!**

\* May be paid in two installments.



Courtney E. Putnam, MFA, LMP, CRP, RC

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## **Exploration #1: Identity**

**Sunday, August 3, 2008; 1:00-3:30pm**

In this workshop we will explore the question, “Who am I *right now*?” This is a lesson in mindfulness of the present moment. Using the materials you will have collected as well as images/materials I provide, you will collage a self-portrait. I will have scissors, glue, paint, paper, and other art supplies on hand for your use.

**Individual Bodywork Session for August (90 minutes):** We will start the session with your sharing and exploring your self-portrait(s). With the image of your self-portrait in your heart and mind, you will then enter fully into your body by experiencing a healing stone chakra treatment and Reiki session aimed at calming and balancing your mind, body, and spirit. When you sink deeply into your body’s energy centers, do you see even more aspects of yourself in the present moment? Do new images emerge?

## **Exploration #2: Reckoning**

**Sunday, September 7, 2008; 1:00-3:00pm**

Sometimes we need to reckon with an important or troubling issue in our lives, for if we don’t deal with the issue, it can fester, grow roots, dig in, and lock in tight. Sometimes physical pain and tension can take root as well. After a time, it may become more difficult to pry the problem away from us, for it rather likes using us as its host. We feed it our worries and sadness and fear and it uses these emotions in order to grow. Because these issues (and the emotions surrounding them) can feel quite messy, you are encouraged to be messy with your art for this session. Using painting as your method, you will smear and slide and spread your way to understanding this problem in gestures and colors.

**Individual Bodywork Session for September (90 minutes) :** Where do you hold this troubling issue in your body? Where do you hold your stress and anxiety? I will help you identify the areas of your body that hold the tension of this problem. Using heat, deep tissue massage, and guided visualization, we’ll melt those tender spots away.

## **Exploration #3: Manifestation**

**Sunday, October 12, 2008; 1:00-3:00pm**

What images and colors conjure the optimal you—the you that is healthy and happy? The you that you enjoy inhabiting, the you at your best? When you feel balanced and clear, do you see yourself as a tree, the sun, or the color blue? Celebrate this optimal person by creating three symbols that represent these aspects of you. Imagine good health and positive self image. Imagine you are able to manifest your goals and make your dreams come true. Embody these aspirations through your art and see what emerges. I will provide paints, collage materials, and all other art supplies.

**Individual Bodywork Session for October (90 minutes) :** With positive aspirations in your mind and heart, you’ll experience a full body scrub to invigorate your senses and give you a renewed, healthy-looking glow. In a metaphorical sense, I’ll be scrubbing away the old and bringing forth the your vibrancy. Following this scrub, you’ll receive a focused neck/shoulder, face and scalp massage to help diminish stress and clear your mind for actualizing your dreams. We will focus on how to allow your body to retain the positive intentions you have for yourself.

## **Workshop #4: Sharing and Celebration**

**Sunday, November 2, 2008, 1:00-3:00pm**

We will conclude our three-month journey with a final meeting to share our creations, discoveries, and insights. We will toast to the artists within us – and the one’s who are emerging or have already emerged!



**Courtney E. Putnam** is a Licensed Massage Practitioner and Certified Reiki Practitioner, who offers a holistic approach to wellness. With a strong belief in the mind-body connection, Courtney holds a safe space for her clients to experience emotional as well as physical healing. By integrating massage, energy work, and holistic and creative wellness approaches, she invites you to experience a unique blend of healing modalities to support your body, mind, and spirit. In addition to her bodywork endeavors, Courtney is a poet and visual artist and holds a Master of Fine Arts in Creative Writing.



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