

# THE heart STUDIO

## GUIDED CREATIVE PROCESS WORKSHOPS

PERSONAL GROWTH & TRANSFORMATION . COMMUNITY DEVELOPMENT . ART IN BUSINESS . RETREATS



ART  
for  
COMMUNITY



## DARE TO DREAM

When do you feel truly alive? What are your passions and talents? What is your purpose?

Participants are assisted through a mixed media guided creative process to dream into their future and explore practical steps towards actualizing a life vision.

**3 HOUR WORKSHOP** (Tea break included)

**INVESTMENT:** Number of participants dependent

**PARTICIPANTS:** Minimum 4, Maximum 16

**LOCATION:** On site, at the Heart Studio, or at a venue of your choice

*Contact Ashleigh to set a date!*

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ASTAR-TRAINED FACILITATOR . LIFE COACH . VISUAL ARTS TEACHER & TRAINER