

D Do you long to create and make creativity part of your life? Are you searching for what is authentic in you?

A Are you paralysed by the myths of talent, skill, knowledge, inspiration, right and wrong, success and failure and just plain not being good enough?

R Reclaim your right to create without interference or shame. If you want to experience passion and feel it running through your blood you need to transcend learned techniques and get your heart and soul involved.

E Experience the healing power of creativity as you learn to trust the intuitive voice of spontaneous expression.

This course is about painting for process not product. Painting for process is a place of playfulness, spontaneity and spirit, possibilities are endless.

You listen to the magic of your intuition. Your playfulness and your courage to feel are your main allies during your creative quest. Process is adventure.

Skill and technique are not the focus of this work. This approach requires a deep understanding of creativity and a willingness to explore and respond from your whole being.

All you need is paint brushes and paper.

You are given an opportunity to play with colour and reach feelings without outside pressure.

Course Details

Everything is provided for the 6 week course, paint, brushes, paper, tea and coffee.

Time:

10.00 am – 1.00 pm
Thursdays

10.00 am – 1.00 pm
Fridays

Occasional weekend workshops

Venue:

The Baseball Club
Tulip Street
Black Rock, VIC 3193

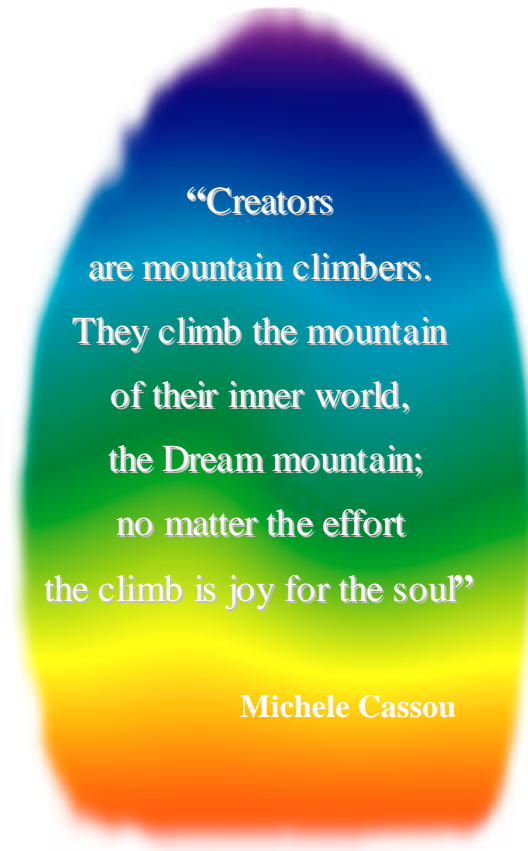
Contact:

For further enquiries please phone:
Cheryl Opie 9598 1141
0428 820 100

cheryl@paintingfromwithin.webau.net
www.paintingfromwithin.webau.net

Cheryl Opie is an artist who runs courses for adults, exploring processes that unlock creativity. She has undertaken intensive study in the U.S.A. where she focused on the “Point Zero” method of painting developed by Michele Cassou. Cheryl now facilitates this intuitive, creative, healing process to help adults become free spirits and develop their own individual styles.

For the past 20 years Cheryl has also been studying, practising and teaching methods related to self-help, personal growth and spirituality. She has been teaching meditation for the past 15 years and has completed a diploma in Clinical Hypnosis at the Australian Academy of Hypnosis, Melbourne; and completed Reiki 1 & 2.



“Creators
are mountain climbers.
They climb the mountain
of their inner world,
the Dream mountain;
no matter the effort
the climb is joy for the soul”

Michele Cassou

Painting from Within



A process of
creative intuitive painting
and inner healing