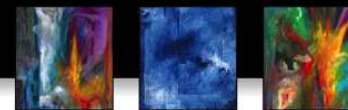


KAREN LEEDS

"May I walk. May it be beautiful."



"Art, Courage & Creativity"



Workshop Descriptions & Dates
Field trips into the right hemisphere ...

"Art, Courage & Creativity" Workshop Sessions

WHO

Novices who feel unsure of themselves, and experienced artists alike both attend.

Friends, family, business associates and team members (any group that collaborates) can benefit from these sessions.

WHY

Come to loosen up, have fun, relax, play and explore your own unique voice and point of view without expectation or pressure of any kind. Become more familiar with subtle, creative impulses.

Letting yourself create reduces stress, brings you back to the present moment, and helps to restore a sense of balance. The willingness to not know and let go is essentially healing.

**RESERVATIONS REQUIRED
FOR EACH SESSION**

**602-321-0219
art@karenleeds.com**

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"ART, COURAGE & CREATIVITY" with KAREN LEEDS



Art, Courage & Creativity I
THE FIRST WORKSHOP

"Art, Courage & Creativity" is for adults who want to express themselves artistically, but who feel unsure of their natural abilities. We use oil pastels and paper to identify and overcome the inhibitions that limit us, in a playful and relaxed setting. All materials are provided. All you need is an apron or old clothes. This is a brief, fun hands-on opportunity to explore your feelings through color, and to see how that experience can enrich other aspects of your life.

3 DATES TO CHOOSE FROM THIS WINTER & SPRING !

DATE: Sunday, December 4, 2011
LOCATION: Karen Leeds Scottsdale Studio
TIME: 10:30 am to 4:30 pm (6 Hours)
COST: \$100 (plus \$20 for supplies)

DATE: Saturday, January 28, 2012
LOCATION: BRIO Fine Arts / AZ Art Alliance
TIME: 11:00 am to 5:00 pm (6 Hours)
COST: \$100 (plus \$20 for supplies)

DATE: Saturday, February 11, 2012
LOCATION: Shemer Art Center & Museum
TIME: 10:30 am to 4:30 pm (6 Hours)
COST: \$100 (plus \$20 for supplies)

Contact Karen Leeds / Reservations & Details:
art@karenleeds.com 602-321-0219



Art, Courage & Creativity
SELF INQUIRY
NEW

Each session we combine painting with oil pastels with different methods of Self Inquiry in order to expand our awareness and creative receptivity. This series explores the connection between making art, and the art of being fully present. We may draw (literally!) inspiration from these (and other) meditations & techniques:

"Big Mind" as taught by Gempo Roshi
 "The Work" as taught by Byron Katie
 "Course of Miracles" and more...

Sessions will be held inside a real gallery on Marshall Way in Scottsdale. Come relax and play, and then explore Scottsdale's prestigious ART WALK afterwards. Immerse yourself in beauty.

DATES: Thursdays, Dec. 1 through Dec. 29
LOCATION: Victoria Monize Fine Art Gallery
TIME: 2:00 to 5:00 pm
COST: \$65 each or \$260 (20% off) for Series



Art, Courage & Creativity
II — TAKING IT FURTHER

This longer ACC session introduces new mixed media and activities designed to help novices and experienced artists alike, relax, revive and reinvent themselves. While there is ample oil



Art, Courage & Creativity
THE SILK WORKSHOP

Participants will use French dyes and silk to explore the creative process itself. Basic techniques will be taught, and attendees will make and take home at least four silk scarves, suitable for wearing or framing. All materials will be provided. You will experience everything first hand that you need to know in order to continue with silk painting on your own. This is a jam-packed, playful experience that builds confidence and supports both novices and experienced artists alike intending to free up creative spirit that is vital in all walks of life, not just in the process of making art.

DATES & TIME: Friday, Jan. 20 1:00 to 5:00 pm
 Saturday, Jan. 21 9:00 to 5:00 pm
 Sunday, Jan. 22 9:00 to 3:00 pm
LOCATION: Shemer Art Center & Museum
COST: \$275 (plus \$75 for supplies)

2 Day Session (or 5 Week Series)
 Look for this in **SUMMER 2012**

Pastel technique taught, the emphasis is on creating truly original art by intuition, and on learning to hear, recognize and act upon the inner guidance of your own unique voice.