Living Well – Today and Tomorrow

Course
Title: YOUR LIFE AS A WORK OF ART
Program # 3423-16-LAAS

Instructor
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A welcome note from your instructor:
In this class we will ignite or re-ignite the inner flame of higher calling within you waiting to catch fire. Just as a painter starts with an empty, unframed canvas, we too will take the raw material of our own lives and create a unique and singular work of beauty and frame it in meaning, inner wisdom and purpose. Consider this class as an adventure where you are free to follow your heart and envision the life you want and how to get it. This weekend experience will include making a vision board, guided meditations, visual journaling, writing and creating a personal vision statement- your roadmap to the future.

Tips for success:
This class requires no art experience – stick figures and squiggly lines are just perfect! Leave works like “should” and “shouldn’t” at home! An open attitude of “I am my most interesting and exciting creation” captures what this class is all about!

Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required supplies:
- 1 non-acid glue stick
- A variety of magazines
- scissors
- 22” x 28” (or so) poster board
- Box of crayons
- 9” x 12” drawing paper

Optional items:
- Yoga mat or blanket