

## Detailed Weekly Course Outline – Life Book 2012

Month	Week	Date of contribution posted	Theme	Offering	Contributor
January	1	02/01/12	Celebration of inner positive qualities	Mixed media video/ PDF lesson: Celebrating our Goddess Superpowers/ 3 quarter portrait/ fold out page by Tamara Laporte  Self Nurturing Task Rainbow Pin Board Print Out	Tamara Laporte
January	2	09/01/12	Celebration of inner positive qualities	Creating a Dream Board – Juliette Crane	Juliette Crane
			Celebration of inner positive qualities	Colour Theory PDF – Bonnie Rose	Bonnie Rose
January	3	16/01/12	Celebration of inner positive qualities	Mixed media video/ PDF lesson Celebrating our inner Dark and inner Light Goddess. By Bonnie Rose Bryan	Bonnie Rose
January	4	23/01/12	Celebration of inner positive qualities	Skype Interview Jane Davenport	Jane Davenport
January	5	30/01/12	Celebration of inner positive qualities	Mixed media video/ PDF lesson The Goddess within – a self portrait Journey By Kylie Fowler	Kylie Fowler
Feb	6	06/02/12	Celebration of achievements	Mixed media video/ PDF lesson Paint over collage: working with the symbolism of growth & transformation by Tamara Laporte	Tamara Laporte
Feb	7	13/02/12	Celebration of achievements	Extra lesson on Celebration of achievements By Connie Hozvicka	Connie Hozvicka
Feb	8	20/02/12	Celebration of achievements	Mixed media video/ PDF lesson Mixed media layers symbolising the layers of positive choices we've made. By Mystele	Mystele
Feb	9	27/02/12	Celebration of achievements	Skype Interview with Tracy Verdugo	Tracy Verdugo
March	10	05/03/12	Celebration of your impact on others and their impact on you.	Mixed media video/ PDF lesson Photo altering/ Celebrating the impact we've had on others they on us. By Tamara Laporte	Tamara Laporte
March	11	12/03/12	Celebration of your impact on others and their impact on you.	Printable Stencil offer by Samantha Kira	Sam Kira
March	12	19/03/12	Celebration of your impact on others and their impact on you.	Mixed media video/ PDF lesson Overcoming the inner critic by embracing & celebrating the impact you've had on other's lives. By Wyanne	Wyanne
March	13	26/03/12	Celebration of your impact on others and their impact on you.	Live Chat with Wyanne	Wyanne

April	14	02/04/12	Honouring your past	Mixed media video/ PDF lesson Layering/ Front facing portrait By Tamara Laporte	Tamara Laporte
April	15	09/04/12	Honouring your past	A tool workshop by Jane Davenport	Jane Davenport
April	16	16/04/12	Honouring your past	Mixed media video/ PDF lesson Collage work/ ¼ portraits/ creating a distressed look and adding stitches to your work. By Gritty Jane	Gritty Jane
April	17	23/04/12	Honouring your past	Rainbow Pin Board/ Self Nurturing Task	Tamara Laporte
April	18	30/04/12	Honouring your past	Skype Interview with Effy Wild	Effy Wild
May	19	07/05/12	Honouring your present	Mixed media video/ PDF lesson Focus on words & writing. By Tamara Laporte	Tamara Laporte
May	20	14/05/12	Honouring your present	Mini-e-zine on handwriting/ lettering by Sam Kira	Sam Kira
			Honouring your present	Doodle Words with watercolours by Jodi Ohl	Jodi Ohl
May	21	21/05/12	Honouring your present	Mixed Media video/ PDF lesson Different lettering styles/ hidden compartments. By Rhomany	Rhomany
May	22	28/05/12	Honouring your present	Hodge Podge Page by Mystele	Mystele
June	23	04/06/12	Honouring your future	Mixed media video/ PDF lesson Animal Totem/ Collage and drawing By Tamara Laporte	Tamara Laporte
June	24	11/06/12	Honouring your future	Effy: Pocket Journal Page – writing a letter to our future self, thanking him/her for all she did to get you from a to b.	Effy Wild
June	25	18/06/12	Honouring your future	Mixed Media video/ PDF lesson How to paint whimsical animal characters by Juliette Crane	Juliette Crane
June	26	25/06/12	Honouring your future	Honouring your future through the Totem animal: Inspiring ourselves through Eagles and Mandalas. In the Native American tribes, Eagles represent the Great Spirit and sight, we'll be working with these symbols and Mandalas in order to honour our future. - By Guadalupe Brizuela Cabal	Guadalupe Brizuela Cabal
			Honouring your future	Rainbow Pin Board/ Self Nurturing Task	Tamara Laporte
July	27	02/07/12	Healing (Inner Critic)	Mixed media video/ PDF lesson Transforming the inner critic By Tamara Laporte	Tamara Laporte
July	28	09/07/12	Healing (Inner Critic)	The power of transforming our inner dialogue through a small series of ATCs. By Tracy Verdugo	Tracy Verdugo

July	29	16/07/12	Healing (Inner Critic)	Mixed Media video/ PDF lesson Writing a letter to inner critic/ painting/ collage techniques. By Jodi Ohl	Jodi Ohl
July	30	23/07/12	Healing (Inner Critic)	Skype Interview with Connie Hozvicka	Connie Hozvicka
July	31	30/07/12	Healing (Inner Critic)	A 'love yourself' art tutorial by Adriana Almanza	Adriana Almanza
August	32	06/08/12	Healing (Childhood Trauma)	Mixed media video/ PDF lesson Acrylics Transfer/ Grunge background – healing childhood trauma By Tamara Laporte	Tamara Laporte
August	33	13/08/12	Healing (Childhood Trauma)	Healing Doll – Cloth and Clay By Gritty Jane	Gritty Jane
August	34	20/08/12	Healing (Childhood Trauma)	Mixed media video/ PDF lesson Honouring the inner child By Effy Wild	Effy Wild
August	35	27/08/12	Healing (Childhood Trauma)	Creating a healing angel by Kylie Fowler	Kylie Fowler
Sept	36	03/09/12	Healing (Free low/ intuitive)	Mixed media video/ PDF lesson Mandalas – getting in touch with what is alive here and now By Tamara Laporte	Tamara Laporte
Sept	37	10/09/12	Healing (Free low/ intuitive)	Creating a Dream Board with Juliette Crane Skype Interview with Juliette Crane	Juliette Crane
Sept	38	17/09/12	Healing (Free low/ intuitive)	Mixed Media video/ PDF lesson A Fearless painting session By Connie Hozvicka	Connie Hozvicka
Sept	39	24/09/12	Healing (Free low/ intuitive)	Mixed Media video/ PDF lesson Mandalas: focus on here and now By Guadalupe Brizuela Cabal	Guadalupe Brizuela Cabal
Oct	40	01/10/12	Celebration of where you are now	Mixed media video/ PDF lesson Adding fabric/ buttons/ needle & thread to our pages. By Tamara Laporte	Tamara Laporte
Oct	41	08/10/12	Celebration of where you are now	Video tutorial on how to crochet simple mini flowers and a simple scallop border, to incorporate into the thread theme by Bonnie Rose	Bonnie Rose
Oct	42	15/10/12	Celebration of where you are now	Mixed Media video/ PDF lesson Layering image, text and colour creating a rich tapestry of journal pages. By Samantha Kira	Sam Kira
Oct	43	22/10/12	Celebration of where you are now	Skype Interview with Jodi Ohl	Jodi Ohl
Oct	44	29/10/12	Celebration of where you are now	Mixed Media video/ PDF lesson Taking a pilgrimage into our own hearts we will be brave enough to ask for exactly what we want in our lives AND express our gratitude for all of the blessings already present and unfolding. By Tracy Verdugo	Tracy Verdugo
Nov	45	05/11/12	Celebration of any changes you've made (if any, if none, also cool!)	Mixed media video/ PDF lesson Introduction to whimsical, happy drawing style. Representing your happiness in a drawing that is whimsical and uplifting. Focus is on learning whimsy drawing. By Tamara Laporte	Tamara Laporte

Nov	46	12/11/12	Celebration of any changes you've made (if any, if none, also cool!)	Halloween Lesson celebrating the change you've made By Rhomany	Rhomany
Nov	47	19/11/12	Celebration of any changes you've made (if any, if none, also cool!)	Mixed Media video/ PDF lesson Draw Happy 2 - Our Art Journals are a powerful tool for manifesting good things, goals and dreams. You can literally draw more happiness into your life with the most basic of art tools...trust me, I do it all the time! By Jane Davenport	Jane Davenport
Nov	48	26/11/12	Celebration of any changes you've made (if any, if none, also cool!)	Mixed Media video/ PDF lesson We will paint a whimsical little witch, representing yourself, mixed-media on wood, big eyed doll art. By Adriana Almanza	Adriana Almanza
Dec	49	03/12/12	Celebration of you, how you've grown/ changed/ connected with your inner divinity	Mixed media video/ PDF lesson Decorating and Creating your cover + binding your pages together. By Tamara Laporte	Tamara Laporte
			Celebration of you, how you've grown/ changed/ connected with your inner divinity	Jodi Ohl: Foam button embellishments that can be added to the journal	Jodi Ohl
Dec	50	10/12/12	Celebration of you, how you've grown/ changed/ connected with your inner divinity	Start to finish painting tutorial (video) By Wyanne	Wyanne
			Celebration of you, how you've grown/ changed/ connected with your inner divinity	Skype Interview Gritty Jane	Gritty Jane
Dec	51	17/12/12	Celebration of you, how you've grown/ changed/ connected with your inner divinity	Mixed media video/ PDF lesson Self-portrait as a faerie/magical being. By Bonnie Rose Bryan	Bonnie Rose
Dec	52	24/12/12	Celebration of you, how you've grown/ changed/ connected with your inner divinity	e-Zine with photos/ well wishes/ gratitude/ any other messages all teachers want to send the students. Could be small articles or just a 'letter from' – perhaps describing the impact the year and the course has had on the teacher and the impact of seeing the students grow.	All teachers