

LIFE BOOK 2016

YEAR SCHEDULE

Week	Month	Lesson Date	Theme	Offering	Teacher
Week 1	January	1 st January 2016	Celebration & Journey (Releasing Fears & Setting an Intention)	<p>“Introduction & Little Art Bites for Beginners” A fun section specifically for beginners or those who feel a little intimidated which goes over all the basics including basic supplies, some colour theory and Life Book how tos.</p> <p>“Flexing our Art Muscles – A Fun Warmup” This section includes a creative warm up in which we will explore materials, lettering and we will look at setting an intention for the year.</p> <p>“The Happy Traveller” At the beginning of this new year, we will assume the role of a traveller that journeys through 2016. This class will include a meditation that helps you release any fears you have and it will also introduce you to your 'Sacred Soul Animal' who is your companion on this year's journey. We will draw a traveller girl (front facing) accompanied by her Soul Animal on a layered/ fun mixed media background.</p>	Tamara Laporte
Week 2	January	4 th January 2016	Celebration & Journey (Releasing Fears & Setting an Intention)	<p>Bonus: “This Year I'm Letting Go of ...” - In this bonus video we will consider what has not been serving us in our lives or in the years before this year and we will create a page that includes the sentence (or sentiment in a symbolic way:) 'this year I'm letting go of ...'</p>	Tamara Laporte
			Celebration & Journey (Releasing Fears & Setting an Intention)	<p>Bonus: “Patch it up - Make it shine!” Beginning with a short writing exercise we will journal on our page about what we wish to leave behind in 2015. Fears, anger, limiting thoughts etc. We will pick a gorgeous color palette and proceed to collage over the negativity in a patchwork like pattern. Blending in paint and other mixed media we will layer images, drawing and words that represent our intentions, goals and desires for 2016. The finishing embellishments will be metallic paint, ink etc to illuminate and celebrate our Creation! Techniques/materials used : collage, acrylic paint, ink, metallic paints</p>	Ivy Newport
Week 3	January	11 th January 2016	Celebration & Journey (Releasing Fears & Setting an Intention)	<p>“The Wisdom that Creates the Dream” Create a beautiful collage/painting through prompts that will help you mine deep wisdom from your unique life experiences while creating what you want most for your future and letting go of the fears that are holding you back.</p>	Melody Ross
Week 4	January	18 th January 2016	Celebration & Journey (Releasing Fears & Setting an Intention)	<p>Bonus: “Fearless Art” A collaboration of Annie Hamman and Tallulah Jade Rainbow (my 3 year old, who will be 4 years old in January and is a professional artist) We will explore the concept of Fearless Art, that has no attachment to the outcome, no procrastination, doubts or overthinking. We will start our creative year with letting go of desired end result, and of fear of spoiling our artwork. We will create a brand new collaborative video 10 to 30 min long, fun, dynamic and time-lapsed.</p>	Annie Hamman
Week 5	January	25 th January 2016	Celebration & Journey (Releasing Fears & Setting an Intention)	<p>“A Jar Full of Tenderness” Flowers are a universal symbol of celebration and tenderness. They are also a great antidote to those winter blues that we succumb to so easily in January (unless you live down under ;) I can't think of a nicer subject for my contribution to Life Book. Uplifting art to get 2016 off to a great start is what I want to create with you. Let's get our favourite luscious colours out, and I will show you a really easy way to paint a vase full of beautiful blooms from your imagination. No drawing skills required! To celebrate our ongoing journey this year, wherever it takes us, we will add a twist to our flower painting, by collaging old maps of where we were born onto our page as an under layer, and we will allow parts of this layer to peep through.</p>	Pauline Agnew

Week 6	February	1st February 2016	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	"Your Quirky Amazing Life" Following on the great success of "Quirky Birds" we will create a celebration tree. On its branches we will create a new series of Quirky Birds. Each bird will take on the characteristics of an element/ person in your life that you want to celebrate. This offering will include an exercise on 'cultivating gratitude' in our lives.	Tamara Laporte
Week 7	February	8th February 2016	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Bonus: "Build Your Dream & Affirmation Board" In this bonus offering we will explore all the things we are grateful for in our lives and put them on a Dream & Affirmation Board. By looking at what we are grateful for we will connect to what we want more of, find imagery that supports what we want more of and add those to the Dream Board also.	Tamara Laporte
	February	8th February 2016	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Bonus: "The Art of Black and White." Make a statement with the contrast of shadow and light using white space and texture to celebrate the good things in life.	Donna Downey
Week 8	February	15th February 2016	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	"Finding Centre with Mandalas" I use Mandala drawing & painting within the layers of my mixed media paintings as a way of keeping myself loose, while at the same time drawing focus & reflection to different areas and quieting the mind. In this lesson we will journey together through the three layer process that I use to create my layered Mandala paintings, adding delicious textural layers and personal flair, celebrating all of the positive elements that make up the rich tapestry of our lives.	Faith Evans-Sills
Week 9	February	22nd February 2016	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	Bonus: "Five Minute Flowers" Take a few minutes and send yourself or someone else some painted watercolor flowers to say thank you or to celebrate them—or YOU. I will show you how to paint a pot of quick, fun watercolor flowers that is so quick and easy that you will be celebrating all through the year. You can put them on cards to celebrate someone else, put them in little frames or put them in your journal. They can bloom anywhere—just like you!	Martha Lever
Week 10	February	29th February 2016	Celebration & Gratitude (Celebrating you, your family, all the positive elements in your life)	"With Praise for the Present" Using collage, acrylic paint and stencils, Mary Beth will guide a mixed media journey of celebration that honors the one and only you. We will create glorious collaged words that memorialize the idea of being present and the present that is life.	Mary Beth Shaw
Week 11	March	7th March 2016	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	"Roots & Ground, Wings & Light" During this lesson we will learn how to get in touch with what is tangibly 'alive' in us and how to meet that aliveness with honouring & compassion. We will write a poem/ stream of consciousness to 'give voice' to our feelings and incorporate this poem into our art piece which will include a darker skinned person with wings.	Tamara Laporte
Week 12	March	14th March 2016	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	"The Simple Things" I will be showing how to do a simple watercolor sketch with a Stabilo All pencil which we will embellish with chalk pastels. The sketch will be of a girl with flowers, possibly in her hair or in front of her. I will include a quote or word in the sketch that goes along with the theme of honoring and grounding.	Angela Kennedy
Week 13	March	21st March 2016	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	"Layers of Love" Create a vibrant expression of the here and now when you honor your instinctive ideas. Layering the color, marks and words that define your inner artist will reveal a meaningful art journal page that speaks to your own sense of beauty.	Rae Missigman
Week 14	March	28th March 2016	Honouring & Grounding (Meeting with compassion that which is alive in us right here and now: spending time with our thoughts/ feelings & needs compassionately)	"Our Lady of Self-Compassion" Have you felt called toward the Divine Feminine? Wonder what she is about and what she means to you? Join me to create an image of "Our Lady" who will be an icon of self compassion. In this class you define the feminine for yourself. Using acrylic, red thread and holy water you make yourself.	Shiloh Sophia McCloud
Week 15	April	4th April 2016	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	"Your Story Matters – The Ripple Effect" We can often oversee how impactful we each as individuals are. Some of us consider ourselves less important than others and struggle to see how we too positively contribute to the world. In this lesson we will connect with a couple of experiences in our lives where 'we made a difference' be it small or big. This experience and the exploration of it will inform our page on which we will create a 'ripple' in water (using a marbling technique) and learn to draw a life-like drop of water.	Tamara Laporte
Week 16	April	11th April 2016	Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)	Artist Interview	Roben-Marie Smith

Week 17	April	18th April 2016	<p>Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)</p>	<p>"Your Story, Your Altar" "Your Story, Your Altar" is all about the major landmarks in your life. We will address, confront, and honor these moments that make you...you. In this class, we will examine and break down the basic function of an altar and translate it into a two-dimensional form. Fusing mixed media and illustration techniques, you will 'build' your very own art journal altar. Through step-by-step instruction we will layer in a foundation, identify personal landmarks through prompts, and create representational imagery. In using the concept of the altar, will we creatively reflect and encapsulate the significant events that have brought you to where you are today.</p>	Roxanne Coble
Week 18	April	25th April 2016	<p>Honouring Your Story (Tell your story/ your story matters/ you matter/ your life is relevant & important)</p>	<p>"Reframing Your Story" In this lesson, Effy will demonstrate how to take difficult or painful elements of your story into the journal so that you can 'reframe' them. Reframing is a way of honouring your story while turning it around so that you can discover the lessons and wisdom inherent in all of our experiences. We will begin with written journaling, and using key words and phrases, we will create a mixed media spread that incorporates your own visual symbolism and an affirmation that allows you to fully own ALL of your story, including the hard parts.</p>	Effy Wild
Week 19	May	2nd May 2016	<p>Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)</p>	<p>"Your Normal Is Not the World's Normal" Someone close to me once said, "Your Normal Is Not the World's Normal" in the heat of the moment, frustrated with my speech impediment and medical disabilities. It hurt at the time, but it's since become my most empowering statement. Using wet in wet watercolor techniques, Pan Pastels and wash tapes...I'll show you how to overcome and celebrate challenges in your own unique, imaginative, magical way.</p>	Wyanne Thompson
Week 20	May	9th May 2016	<p>Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)</p>	<p>Bonus: "A garden full of earthly delights" I am hyper aware of how hard it can be for women to carve out a creative slot in busy time-pressed lives, and how frustrating and upsetting that can be! Art is life enhancing and healing, but it also requires time and often lots of time! I will show you how to create super quick paintings, using oil pastels as an alternative to having to get lots of paints out, and we will create two beautiful nature inspired studies full of colour and texture in just twenty minutes, using Claude Monet's beloved gardens in Giverny, France, for inspiration.</p>	Pauline Agnew
Week 21	May	16th May 2016	<p>Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)</p>	<p>"Her Light Shines Brightly" Mixed media journal page. We will start by creating a lotus flower that mostly resonates with our unique personality, and that could strengthen and support us. I will introduce a short discussion on individual chakras and their color that will help us decide how we will chose the colors for our unique lotus flower. I will demonstrate and give ideas on how to paint a lotus flower and position it on our surface. We will then draw in and paint a portrait in a center of the flower, and then we will create a center of light that originates anywhere we like on the page, that will represent our inner light shining through.</p>	Renata Loree
Week 22	May	23rd May 2016	<p>Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)</p>	<p>Bonus: "Facing Your Fears" In this lesson we will face a very common fear of the dreaded "blank page" by creating a face using techniques that encourage play and experimentation while working on our technical skills.</p>	Kristin Dudish
Week 23	May	30th May 2016	<p>Healing, Courage & Strength (Connect with your inner wisdom/ higher self and find the courage to move towards growth, development and healing. Work through creative & mental blocks)</p>	<p>"Your Inner Wizard" Through an intuitive process, we will paint in many layers and follow the wisdom and guidance of our Inner Witch or Wizard.</p>	Jenny Grant
Week 24	June	6th June 2016	<p>Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)</p>	<p>"Dancing with Shadow" Though our inner critic can often sound mean, her intentions are usually to protect us/ look after us. Today we will look at some of her messages, look at the deeper positive intention behind the message and transform the original msg into a positive message. We will look at how to work through creative blocks created by the inner critic by embracing the deeper msgs behind the blocks. This lesson will be supported by a meditation that helps you work through creative block. Your learnings will be incorporated into a beautiful 'paint over collage page.</p>	Tamara Laporte
			<p>Healing, Transformation & Magic Working with Inner Critic Wounding (Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)</p>	<p>Bonus: Life Book 2016 ATC Swap</p>	Tamara Laporte

Week 25	June	13th June 2016	<p>Healing, Transformation & Magic</p> <p>Working with Inner Critic Wounding</p> <p>(Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)</p>	<p>Bonus: "Recycled Reflections" - Create a recycled visual diary to record your own story. When your inner critic speaks up, fill it with drawings, sketches or words that reflect your positive thoughts in an artistic style.</p>	Rae Missigman
Week 26	June	20th June 2016	<p>Healing, Transformation & Magic</p> <p>Working with Inner Critic Wounding</p> <p>(Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)</p>	<p>"Embracing Your Selfie"</p> <p>Self portraits can be scary but by using simple mixed media techniques and embracing those things about your face that you may not love or the things you do, you can create a self portrait that is the essence of who you are rather than a portrait that looks exactly like you. Using a selfie taken from a phone as the base for your journal exploration. I'll share a couple of easy ways to transfer some or all of your facial details to your journal and then we will explore our own faces using paint, graphite and other mark making tools while working in a one color Hue, Tint, Tone and Shade color palette. Take a good look at yourself and celebrate what makes you YOU!</p>	Pam Carriker
Week 27	June	27th June 2016	<p>Healing, Transformation & Magic</p> <p>Working with Inner Critic Wounding</p> <p>(Transforming Messages from the Inner Critic into Positive Ones/ Boosting Self-Esteem & Confidence)</p>	<p>"Finding Your Voice"</p> <p>I'll share how to find your own voice in your art through personally meaningful symbolism and how to build layers and texture with commonly found mediums and pastes.</p>	Lisa Viger
Week 28	July	4th July 2016	<p>Accepting Shadow & Light</p> <p>(Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)</p>	<p>"Embracing All of You"</p> <p>Through a self-empathy/ self-forgiveness exercise we will work on accepting/ embracing all parts of ourselves including the ones we are not that happy about. We will incorporate 'all aspects' of ourselves in a page that will contain the ocean (shadow), a sky (light) and a side-profile portrait + a boat to represent the journey through and the relationship between shadow and light.</p>	Tamara Laporte
Week 29	July	11th July 2016	<p>Accepting Shadow & Light</p> <p>(Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)</p>	<p>Bonus: "Dance of the Shadow"</p> <p>From the Carl Sandburg quote, "Poetry is an echo, asking a shadow to dance," we will do an automatic writing exercise that serves as inspiration for a new journal page on a painted background.</p>	Mary Beth Shaw
Week 30	July	18th July 2016	<p>Accepting Shadow & Light</p> <p>(Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)</p>	<p>"Shadow Lands"</p> <p>Join Jane Davenport on an exploration of the facial landscape using a deep and delicious palette of shadow colours. She will demonstrate shadow making using watercolour.</p>	Jane Davenport
Week 31	July	25th July 2016	<p>Accepting Shadow & Light</p> <p>(Embracing & treating with compassion all aspects/ sides/ elements to who we are as human beings. Working on self-forgiveness / self empathy and healing self-judgement wounding)</p>	<p>"We all Cast Shadows"</p> <p>Shadows to me are comforting. When we stand together we absorb light and cast shadows – and the cast shadows for me represent a closeness, a community, a togetherness, a comfort. So we will be creating a page of figures that stand together. Light and shadows in all of us. Light and shadows shared. Light and shadows connecting us. Using mixed media techniques we will be building up a group of figures using dark and light and lost and found edges to create atmosphere and a story.</p>	Gillian Lee Smith
Week 32	August	1st August 2016	<p>Growth & Transformation</p> <p>(Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)</p>	<p>"Grow Free"</p> <p>This month we will look at transforming our limiting beliefs (like 'I'm not good enough') into 'liberating' beliefs. We will use these liberating beliefs to allow ourselves to grow and transform into the best versions of ourselves. Our page will include a field of wild/ abstract flowers and butterflies that represent our blooming, flourishing and transformation.</p>	Tamara Laporte
Week 33	August	8th August 2016	<p>Growth & Transformation</p> <p>(Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)</p>	<p>Bonus: "Just Bloom"</p> <p>Exploring watercolor blooms and backruns...often considered to be a mistake in traditional watercolors...to create your own colorful, unpredictable garden of wildflowers.</p>	Wyanne Thompson
Week 34	August	15th August 2016	<p>Growth & Transformation</p> <p>(Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)</p>	<p>"Reaching Around and From Within"</p> <p>In this lesson, we will use a quote by Vince Lombardi as a jumping off point to our art journaling session: "The measure of who we are is what we do with what we have."</p>	Roben-Marie Smith
Week 35	August	22nd August 2016	<p>Growth & Transformation</p> <p>(Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)</p>	<p>Artist Interview with Tam & Jane</p> <p>Bonus: "Jane & Tam Mash Up"</p> <p>Jane & Tam will bring you a fun bonus exercise where they will combine their collective creative superpowers to help you loosen up and have fun! :)</p>	Jane Davenport & Tamara Laporte MASH UP

Week 36	August	29th August 2016	<p>Growth & Transformation</p> <p>(Exploring methods and ways of thinking + being that encourage growth, blooming, flourishing and transforming into the truest, best version of yourself)</p>	<p>“Unfolding into Intuitive Art”</p> <p>What is truest best version of myself? The one without fear, without anger, open, trusting, full of love. (I will start with a 5 minutes video of introduction and explaining what “Unfolding” means to me.) To achieve this state of being we need to find a way to Unfold, and my favourite way of arriving there is to create intuitive art in my journal. I let my mind release whatever it is that holding it, and let my feelings flow towards opening and unfolding. We are going to create a journal page of self-reflected unfolding, imaginary self-portrait that is lighter and more open than we are at the moment, projecting towards our truer versions of ourselves.</p>	Annie Hamman
Week 37	September	5th September 2016	<p>Gentle Protection & Self-Care</p> <p>(Exploring ways to protect ourselves and look after ourselves with kindness and compassion)</p>	<p>“Smiling Heart”</p> <p>I will be showing how I use acrylics and colored pencils to make a flowing haired lady with her smiling protected heart. I will share how spending time doing art is how I self care and how doing something you love can make you and in turn others happy too!</p>	Angela Kennedy
Week 38	September	12th September 2016	<p>Gentle Protection & Self-Care</p> <p>(Exploring ways to protect ourselves and look after ourselves with kindness and compassion)</p>	<p>Bonus: “Beautiful Boundaries”</p> <p>Use provocative journaling prompts and art play prompts to create a beautiful artsy map of the boundaries that will keep your soul safe and happy.</p>	Melody Ross
Week 39	September	19th September 2016	<p>Gentle Protection & Self-Care</p> <p>(Exploring ways to protect ourselves and look after ourselves with kindness and compassion)</p>	<p>“Be your own Angel.”</p> <p>Beginning with a written exercise or journal entry we will focus on defining what we need protection from, how we can protect ourselves and how self-care and love can truly enrich our day to day existence. We will examine what self-care looks like to us and how can we practice it? Also, through exploring symbolism we will define symbols that can help remind us to love ourselves more often - these may be wings, birds, angels, crystals, faith based symbols, nature, animals etc.</p> <p>We will express how through this care, we protect ourselves from what drains us and keeps us small. Next, we will choose a color palette of soothing, light filled colors that we find comforting. Using this palette as our guide we will create an Angel Self Portrait page using photos of ourselves, collage papers, acrylic paint and other mixed media. We will clearly state three loving mantra's that we can use when we start to feel “unprotected” or overwhelmed with negative thinking. We will also be incorporating those “protection symbols” that we examined in our written words.</p> <p>Ultimately, this journal page will be infused with an aura of radiant self love and acceptance.</p> <p>*The special treat in this project is that we will incorporate encaustic wax!* :)</p> <p>Techniques/materials used : collage, acrylic paint, encaustic wax, ink, charcoal, image transfer</p>	Ivy Newport
Week 40	September	26 th September 2016	<p>Gentle Protection & Self-Care</p> <p>(Exploring ways to protect ourselves and look after ourselves with kindness and compassion)</p>	<p>Bonus: “Letter from Your Muse”</p> <p>Have you ever felt like you had no control over the voice in your head. Stuff just comes out and you don't even know where it came from? Perhaps it is time you give your Muse the pen. Join me in guided meditation to meet your Muse and hear what she has to tell you.</p>	Shiloh Sophia McCloud
			<p>Gentle Protection & Self-Care</p> <p>(Exploring ways to protect ourselves and look after ourselves with kindness and compassion)</p>	<p>Bonus: “Page Wardens”</p> <p>For those days when you feel uninspired or frustrated, we will create a ‘warden’ that can be nestled within the pages of your art journal. These wardens will act as a reminder to continue forward, remain focused, and stay positive while working. Using one of three original tarot illustrations (created by me for your use!), we will create an art journal bookmark of sorts. These ‘bookmarks’ will feature tarot imagery that represent protection, and in our case – be used to guard or warden creative endeavors.</p>	Roxanne Coble
Week 41	October	3rd October 2016	<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	<p>“Layers of Self-Love”</p> <p>In this lesson we will honor ourselves with a self-portrait that celebrates all of the things that make us unique. We will build a meaningful layered background to represent the layers of our personality, then add a self portrait to finish off our handmade “selfie”.</p>	Kristin Dudish
Week 42	October	10th October 2016	<p>Sacred Self-Care</p> <p>(Exploring the sacred in you and the sacred in the actions of looking after yourself.)</p>	<p>Bonus: “Living ART at the Speed of Life”</p> <p>Living with intention, the intention to honor your creative self, is key to being an artist. So many times people ask how do I find time to create art and my answer is you have to make time, every day, even if it's only a few minutes. In this exercise you will create a mixed media background that begins with a random process then moves towards creating with intention as you work your way to a defining word or statement about what you will do to honor your creative self.</p>	Pam Carriker

Week 43	October	17th October 2016	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	<p>“What in the World is a Chunky Versal?” Here is a formal description of a regular versal letter:</p> <p>“A versal is the large uppercase initial capital letter in a paragraph of text. Almost always this is placed in the first paragraph of a chapter. Often these initial letters are decorated, but versals can also refer to a simple upper case initial letter, such as a drop cap. These were typically used in ancient written manuscripts and were a beautifully decorated first letter of a text or paragraph. In many cases guided gold was used in the decoration.”</p> <p>In this class we will draw a variation of this wonderful versal alphabet and make them chunky, fat and fabulous and add color, patterns doodles and frames to come up with your own unique chunky versal words. These versals can go anywhere—in a journal, on a name plaque, on a book cover, in a mixed media painting or just about anywhere you want to put them. So have fun and create some chunky versal along with me!!</p> <p>We will write a word or phrase that is special to you with the versals. Any word/ phrase that is sacred to you. Mine might be Trust or Faith but you can pick yours.</p>	Martha Lever
Week 44	October	24th October 2016	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	<p>Bonus: Arty Party Journal Tag Team – Tam and Effy will demonstrate how as part of a Sacred Self-Care practice you can find an arty buddy and art tag team over skype! :)</p>	Effy Wild & Tamara Laporte
			Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	<p>Bonus: “Chakra Balancing Smoothie + Sunshine Watercolor” I'm going to show how food can be healthy, delicious, creative expression and make a Chakra Balancing Smoothie and a heart opening Raw Chocolate treat. I'll also do a fruit, greens, & sunshine watercolor.</p>	Lisa Viger
Week 45	October	31st October 2016	Sacred Self-Care (Exploring the sacred in you and the sacred in the actions of looking after yourself.)	<p>Bonus: “Pattern Painted Leaves” We'll explore unconventional surface painting on gathered leaves as a way of celebrating seasonal change, renewal and connecting to the sacred-self as we create patterns with our own sketches & doodles to richly decorate our painted surfaces.</p>	Faith Evans-Sills
Week 46	November	7th November 2016	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	<p>“Upside Down Inside Out” This month we are going to experiment and play with expressive and unpredictable/ unstructured ways to create art. This process will bring you in touch with your playful/intuitive self. We will create blob art (ha)/ ink stains/ paint with our non-dominant hand and create with our eyes closed to then search for shapes and imagery in our art and bring these shapes forward. The page will be fun, playful and expressive.</p>	Tamara Laporte
Week 47	November	14th November 2016	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	<p>“The Gift of Wonder” Join Tracy to celebrate the gifts that come from beginning a practice which cultivates and rekindles our sense of wonder and curiosity. Be prepared to find fresh new perspectives and unexpected twists as I lead you through a series of fun and playful exercises that will guide and inspire you in the creation of this lessons page.</p>	Tracy Verdugo
Week 48	November	21st November 2016	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	<p>Bonus: “The Window into your Soul” Many times we look into a mirror and judge ourselves outwardly, and it can have a negative impact on how we feel. Therefore we will focus mainly on our inner terrain through a short meditation that will show us the window to our soul. How do we really feel inside when we decide to pause and look can be quite different and magical, then how we feel on the outside. Then we will journal that experience on our page as our reminder. We will paint the window that looks into our soul.</p>	Renata Loree
	November	21st November 2016	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	<p>Bonus: “Be Brave” - I will guide you to paint BIG. When you find the courage to paint BIG your playful inner child can come out to play bravely and love the process, our playful self will guide us to the pieces of the painting we like and can bring forth.</p>	Jenny Grant
Week 49	November	28th November 2016	Celebration & Play (Experiment, explore, invent, thinking outside of the box, doing something different to what you usually do!)	<p>Artist Interview</p>	Gillian Lee Smith
Week 50	December	5th December 2016	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	<p>“Colorful Abstractions” Abstract art represents what is being felt on the inside, rather what is being seen on the outside. Explore color intuitively, using balance, scale and composition to create abstract art.</p>	Donna Downey
Week 51	December	12th December 2016	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	<p>Bonus: “Cultivating Gratitude” Join me for a little chat in my garden as I share with you about the infinite benefits of living in a state of gratitude and different ways to make gratitude a daily practice. We will also look at how you can bring this daily practice onto your page or canvas.</p>	Tracy Verdugo

Week 52	December	19th December 2016	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	How to Bind Your Life Book	Tamara Laporte
Week 53	December	26th December 2016	Celebration, Gratitude & Learnings (Reflecting on the year, expressing gratitude, exploring learnings, celebrating achievements and things we are happy about that happened this year).	Bonus: Goodbye PDF: E-Zine with photos/well wishes/gratitude from your teachers to all the Life Book Students	All Teachers

A guidance on lesson/ offering types:

Please be aware that you get different types of lessons throughout the year, some are in depth, others are what we call 'bonus lessons': Every month there will be 2 or 3 main mixed media lessons which will include a video (minimum of 30 minutes long) and a supporting PDF - in the alternating weeks the teachers are offering bonus exercises/ lessons which will be less intensive and demand less of you, so they are usually shorter and less detailed. The bonus exercises are sometimes a PDF only (no video), at other times it might be a short fast forward video or you may have a PDF with a shortish video etc. We also have activities like ATC swaps, artist interviews and meditations scheduled as bonus exercises.

The bonus lessons are created to keep you inspired and the creative juices flowing while simultaneously giving you the chance to catch up on other weeks where the projects may have been more intensive/ bigger.