

*“How did the rose ever open its heart and give to this world all its beauty?
It felt the encouragement of light against its being, otherwise, we all remain
too frightened.”* Hafiz

Too much stress? Feel like you're missing out on something? Maybe it's the encouragement of your own self. In this course, you can open up to your inner creative potential with teachings, guided meditations, meditative art and coaching, and become like the rose giving the world its beauty!



LEVEL 1 MEDITATIVE ART COURSE + Coaching, with Dr Suzanne Moss

Artist, Teacher, Accredited Journey Practitioner and
Visionary Leadership Coach

Meditative Art is a kind of meditation for anyone, artistic or not. I combine coaching to help people clear stuff in the way of them being true to themselves, to open up to how amazing they really are. Two full days include: Realising your Gifts; Mandalas and Creativity; Working with Light; Personal Colour Harmony; Zen Drawing; Basic Sacred Geometry and you get to make 5 personal meditative mandalas with step by step guidance.

Only 8 per class.

Be the rose.



**Beechworth 12-13 Sept — Daylesford 19-20 Sept
Canberra 26 - 27 September**

\$395 Enquiries & Bookings: 0417 249 175

or contact via website: drsuzannemoss.com