

"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

Come to know and feel the 'encouragement of light' with meditative art and coaching. You can get in touch with your creative potential, your gifts and be like the rose....



LEVEL 1 MEDITATIVE ART Course with Coaching

Dr Suzanne Moss

**Artist, Teacher, Accredited Journey
Practitioner and Coach**

Meditative Art is a kind of meditation for anyone, artistic or not, and great if you have trouble with calming the mind. I add coaching to help people open up to how creative 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, step by step. I look forward to meeting you!



Beechworth 12-13 Sept

Canberra 26 - 27 Sept

Daylesford 19-20 Sept

Sydney TBC

Enquiries & Bookings: 0417 249 175 or contact via web

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