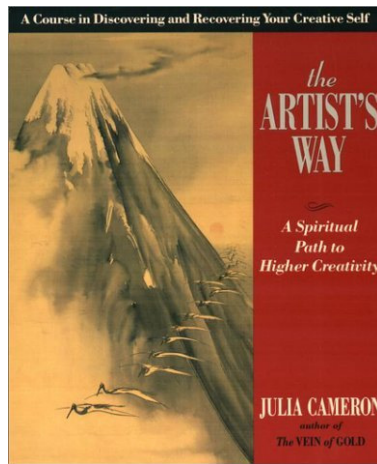


The Artist's Way: *A Spiritual Path to Higher* *Creativity*

A new class on Thursday mornings
at For Goodness Sake!!



Kira Yannetta will be facilitating this new group meeting at For Goodness Sake every Thursday morning from 10:00-11:30am for 14 weeks.

The first meeting is Thursday, June 25th!

Based on the book "The Artist's Way" by Julia Cameron, this is a program focusing on breaking through a variety of blocks including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, replacing them with confidence and productivity. It links creativity to a non-denominational spirituality and provides useful tools, activities and exercises to tap into the creative energies of the universe.

There will be "homework assignments" during the week, and when the group meets we will focus on a chapter from the book and discuss our experiences in a supportive environment.

If you have your own copy of The Artist's Way please bring it with you. We have one in our library, and we can order this book for purchase if necessary.

Please call to register: 530-550-8981

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