

# WOMEN OF A CERTAIN AGE: EXPLORING WISDOM, CREATIVITY & COMMUNITY THROUGH ART

## *Befriending Fear*

5 Tuesday Evenings: August 29 - Sept 26, 2017

6:00 - 9:00 pm

Location: Fair Oaks \* Details upon registration

Cost: \$130 + \$30 materials

Carol Mathew-Rogers, MA, Facilitator



*"Fear is passion without breath."* Dawna Markova

Fear can be a debilitating experience that stops you from living into your passion, or it can be an invitation to explore unknown territory with an open heart in order to embrace the totality of your life experience. Join this supportive group of women as we move closer toward what we habitually veer away from in order to shine light onto what holds us back from being our authentic, enthusiastic selves. Using expressive arts, writing and intimate discussion, we will seek to dispel the shadows of fear by inviting them into the hearth of our awareness. This isn't about completely dispelling all our fears, but about learning to live in conscious relationship with them in order to connect to trust, passion and delight.



*Do you ever wish for:*

- *A chance to explore what is important to you?*
- *More confidence about your own creativity?*
- *Meaningful connection with other women?*

*Then Women of A Certain Age Workshops are for you!*



The *Women of A Certain Age* workshops bring women together to deeply explore relevant life themes. We use art as a compassionate lens to focus fresh eyes on what we have experienced, allowing our spontaneous creations to enliven and inform us. In a circle of confidential sharing, we use poetry, journaling, and guided meditation to spark our imaginations before silently delving into various artistic media, always listening deeply to our inner wisdom. No art experience is necessary: only the willingness to playfully adventure with an open heart.



**The Creative Edge:**  
*The Way of the Arts*

nurturing creative, intuitive expression

To register, visit our  
website at  
[www.Creative-Edge.org](http://www.Creative-Edge.org)



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