

lol Art Guild presents

A Midwinter Clearing

An afternoon of mindful art and movement
with guest teacher Heather Macfarlane

January 20
1:00 pm - 4:00 pm

Cost is \$25 per person
payable directly to the artist on the day of the event.

Class is limited to 15 people.

Pre-registration is required.

To register, contact Mary Ann Logic at
jmlogic@wi.rr.com or (262) 633-6585
or the Parish Office.

If you have questions about the workshop,
contact Heather at h_logic@hotmail.com.

Midwinter Clearing Art and Spirituality Workshop

This is an invitation to create a clearing in your January schedule for an afternoon of creative enlivening.

We will explore art and dance, from an uncommon perspective, **not** as skills to produce a product or performance, but instead, as processes to bring our whole selves into the present, and express what is arising within in our own unique ways.

We will experience an hour's immersion in freeform dance, (movement in your own way and at your own pace) to a diverse selection of music, followed by an hour of intuitive painting, (painting without a preconceived plan, guided by one's own curiosity and intuition). We will also have time to reflect and share our experience. We will hold a gentle, non-judgemental space for ourselves and each other to explore the well of creativity within us all.

You are welcome to bring a notebook for journaling if you would like to use your own. All other materials will be provided. Please wear comfortable shoes and clothing for movement.

Heather Macfarlane is a visual artist and freeform dance facilitator living in Madison, Wisconsin. She is the daughter of parishioners, Mary Ann and Jeff Logic, and has participated in olol Art Guild's hallway exhibits and art mosaic fundraiser.

To learn more about Heather and her work, visit her website at: alightarts.wixsite.com/alight

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