

## Nature, Creativity, and Your Muse

This workshop is designed for writers, visual artists, photographers, and those interested in deepening their connection with the creative forces of Nature.

Experience the deep relaxation of guided imagery to inspire creativity. Learn a nature-based process that helps build artistic momentum. Collaborate with the natural world. Re-discover how to tap into Nature's creative well.

Outdoors nature-based activities, group dialogue, contemplation, and guided imagery will inspire and stimulate new thinking, and fresh experience. Bring artistic tools: camera, sketch pad, journal, or simply an open heart and mind. Dress comfortably.

*"I truly enjoyed everything in Nature, Creativity, and Your Muse--the presentation, the meditation, the quiet time. I was looking for a new way to connect. I found it."*

Ellen Cavallo, Director of Pregnancy Care Clinic

*Marlow led me through thoughts I had forgotten, feelings I hadn't named but sensed were there, and a realization of how important we all are if we are going to make a balance with the natural world.*

Joyce Mowrey, Teacher

*"This experience reminded me to take time out and tune into the bigger world around me and in me."*

Sharon Arsego, Author

*"The workshop allowed me time to reflect on my soul. It opened my mind to new thoughts and ways of thinking. It was good to spend time with others who embrace self discovery."*

Helen Shirlock

This workshop can run from a half-day or full day depending upon your group's needs. We can talk or email to make arrangements. Tel: 860.491.2067, or [marlowshami@sbcglobal.net](mailto:marlowshami@sbcglobal.net)