

# Awakened Woman

*So often we tell ourselves big fat lies about who we are...and then we make life decisions from this false place. What if you could make your decisions from a place of Informed truth...Yours.*



Megan



Kristine

Our Awakened Woman Workshop is designed to uncover the lies that we unconsciously tell ourselves and expose the areas of our life where they hold us back. Through guided visualization we will connect you with your inner wisdom messenger, cultivating power and creativity. We then put brush to canvas and begin to bring the image of your messenger to life. By accessing a different part of our brain we are able to loosen our minds hold on false beliefs and discover our truth.

Throughout this creative journey **Life Coach Kristine Irving** will gently coach you from a place of vulnerable self discovery to liberated, free and ready to create the life you desire.

And the best part... its' FUN and absolutely no experience with painting is required! **Intentional Creativity Coach Megan Anderson** will guide you though a step by step process as you create an image of your own Awakened Woman on a canvas that you take home with you as a beautiful reminder of your true self, your awakened self.

We also believe strongly in not only nourishing our soul but nourishing our bodies...so we will feed you. The daytime workshop includes a light lunch and the two part evening workshop includes sweet and savory snacks.

## UPCOMING WORKSHOPS

- Saturday Sept.27<sup>th</sup> 9am-3pm (one full day)
- Wednesday & Thursday Oct. 29<sup>th</sup>-30<sup>th</sup> 6pm-9pm
- Sunday Nov.16<sup>th</sup> 10am-4:pm (one full day)

## COST: \$245

To book call 604-940-8303  
or e-mail [the.crow@telus.net](mailto:the.crow@telus.net).

## OTHER STUFF TO KNOW...

- Canvas and paints included in workshop fee (and laughter and Groovy music)
- Small group format. No more than eight students per workshop. (So they fill up FAST)
- Workshops held at The Crow's Nest Studio 5038 47a Ave, in Ladner.
- Off premise workshops available: if you would like to book a corporate/team building event we can come to you with all the supplies needed. Travel expenses extra. Please contact us for more details.