



Unleash Your Creative Potential -- *ONLINE*

In this innovative approach to Creativity training, you'll learn how to develop a broader awareness of the powers of your Imagination and gather imagery from this deep wellspring. You'll practice techniques that uncover your deepest unconscious insights and yearnings, and then, draw on inner resources that will produce more authentic and meaningful creative work. Equally important, you'll discover powerful methods to identify, diagnose, and minimize any creative limits or blocks that are holding you back in order to take your practice to the next level.

In this efficient 4-week course you'll explore the four functional Realms that comprise the Holistic Creativity approach: Heart, Soul, Mind, and Body. This course prepares you for creative fulfillment by presenting some of the most critical concepts and compelling techniques from the Holistic Creativity Complete Course.



Each session is offered in a highly interactive and dynamic group setting – **Live online via Zoom** – which will stimulate you with expert demonstrations, engaging discussions, and interactive exercises. You'll establish a foundation that greatly improves your chance for creative success and personal fulfillment.

Each 2-hour class delivers an intimate encounter with the author, which is much more effective than pre-recorded videos or “canned” lectures. Class participation is dynamic, inspiring, and completely confidential. Sessions are never recorded in order to ensure privacy and maximize your involvement.

Enroll today to begin your journey to experience the joy of a vibrant life, filled with dynamically inspired Creativity.

What do we do in the class:

	<p>Live and interactive online sessions via Zoom, not pre-recorded videos. You'll share a deep bond with your fellow-travelers in a dynamic and intimate setting that is ideal for exploring your creative universe. Learn, practice, and grow in the safety, familiarity, and convenience of your own home or studio.</p>
	<p>Because all you need is an internet connection, you can attend workshops from just about anywhere . . . [<i>woman participates outdoors in a vocalization exercise for enhanced creative inspiration</i>]</p>
	<p>Engage in creative writing exercises that uncover hidden treasures deep in your psyche. These skillful techniques probe your imagination to generate an abundance of insights and visions that can then be captured in any of your favorite creative mediums.</p>
	<p>Explore ancient somatic practices –through postures and activities such as simple dance movements, Yoga, or Qigong— that align your spine and energize the nerve centers of the body, leading to more acute states of intuition, inspiration, and productivity.</p>
	<p>Explore exciting research in Psychology and Neuroscience that reveal stunning insights into human creativity. Practice techniques to greatly improve your ability to analyze a creative opportunity, generate original ideas, or effectively select the best ideas.</p>
	<p>Utilize stream-of-consciousness sketching techniques that stimulate and capture your imagination. Whether you produce work from concepts or work directly with your hands, such methods get your “juices flowing” and can improve your ability to translate creative impulses into meaningful outcomes.</p>

	<p>Learn strategic Mindfulness practices that are scientifically proven to enhance creative thinking and innovative making. Learn to create a supportive environment for heightened states of consciousness. Improve your ability to generate profound creative breakthroughs and stimulate creative outcomes with maximum impact.</p>
	<p>Learn to produce Concept Sketches that require only basic drawing skills. Anyone can use these techniques to “think directly” with your hands in the medium of your choice. These effective methods can improve your ability to translate creative impulses into powerful and meaningful creative outcomes.</p>

4 Weeks – 2 hours per session – 8 hours total

Min enrollment: 2

Max enrollment: 12

Cost: Negotiable

* This course is offered exclusively through institutions.