

REGENERATIVE CREATIVITY

An eight part intuitive art journey, guided by certified Intentional Creativity® teacher Deanna Miller

SESSION 1: CURIOSITY

Do you ever feel overwhelmed with choice? Maybe you have been hard on yourself for being a hopeless dreamer? What if there was a place where endless ideas and big dreams were required?

When the creation cycle is just beginning, *curiosity* is key. Letting your dreamer run wild and staying open to every idea, even the crazy ones, is needed here! The temptation to, “just pick one”, can kill your creative soul and limit your chances of finding the right path forward for the problem you are trying to solve! Learn the value of lingering in the *curiosity* phase before jumping in!

Are you ready to embrace your *curiosity* and discover how intentionally staying open can prepare you for what comes next? Join us in discovering the wonder of *curiosity* as we paint through the first phase of the **Regenerative Creativity Cycle?**

To learn more and find a class near you go to www.deannamillerart.ca



Regenerative Creativity is both an art class and a way of working. Learn how to access your creative side and *paint* answers to your questions. You will be guided with lots of easy techniques and prompts to calm your critic and get you into the joy of painting right away! Each painting is as unique as the person that painted it!

Enter the painting series at any point during the cycle. Take one class... or many! Decide as you go and explore at your pace.