



EXPERIENCE  
THE CREATIVE  
POTENTIAL OF  
LIFE IN

# JUST PAINTING

**T**hursday morning **JUST PAINTING** is designed to promote creative energy, solutions and initiative in all aspects of your life, including writing, music, relationships and activities of daily life. We are entering a time that calls for more imagination in how we perceive and interact in the world. Our old habits, language and mind sets can be opened up with large format process painting, encouraging innovation, authenticity, experimentation and presence in the now. No experience in the visual arts or dream work is necessary. This is a discipline in being present in the moment, letting the images be revealed through the willingness to play.

In **JUST PAINTING** we will use some exercises and visualization to support more confidence in self expression and problem solving, sensitivity and awareness to the beauty and poetry of everyday life and willingness to play and see the world as a place of potential.

*Majio has a Master's Degree in Creation Spirituality from Naropa University, and is mentored in Projective Dreamwork by dream work pioneer, Jeremy Taylor. Majio extensively studied in Europe and Japan and shows internationally. She is the co-director of Anavami Center, in Santa Cruz, CA dedicated to Mastering the Art of Living.*

**No experience in the arts is necessary, just the willingness to fully engage. Thursday Mornings at Anavami Center: 10:00-1 \$200 for 4 session including materials and digital images. More info - [www.anavamicenter.com](http://www.anavamicenter.com) or 831 420-1349**