

# Creative Spirit Cafes

with Lisa Greenleaf

**Creative Spirit Cafes** are individual workshops using themes inspired by nature, meditations and positive affirmations to help relax, unwind and have fun. Some of these cafes include *Serenity, Mindfulness, Connection, Trust, Freedom, Visualization, and Nurturing*. Each workshop will begin with a guided meditation including gentle music to help quiet your mind. Lisa has prepared a collection of fun, engaging and mindful projects that are designed to encourage you to tap into and discover your artsy side. Using paper, pencils, brushes, glue or scissors, we will draw, doodle, paint and learn coloring and collage techniques to create positive messages through art. Each workshop is \$38 per person. Supplies will be provided, as well as hot and cold beverages.



**Serenity Cafe Workshop** ~ Explore the art of doodling and create your own nature inspired doodle with a positive message. Discover a stillness that helps spark your creative side. Learn different designs, techniques and nature-inspired patterns to create positive messages that will help you stay connected to your true self.

**Mindfulness Cafe Workshop** ~ Create a moment of happiness by coloring a *Mindful Mandala*. Trust that your expressive side will shine by simply relaxing and quieting your mind. Be daring with color and try different techniques that reflect your mood and express the artist from within.



**Connection Cafe Workshop** ~ Imagine yourself feeling firmly connected to the Earth's energies by learning the art of tree drawing. Learn different styles and techniques of tree drawing. This process can help you feel more grounded, connected and present in the moment. You will also notice a strength and steadiness within yourself while allowing your creativity to sparkle.

**Visualization Cafe Workshop** ~ Create and manifest your own visionboard for the future! What are your dreams? What makes your heart soar? Find the freedom to create, breathe, and play. Through the use of music, meditation, visualization, magazine pictures, words, and phrases, we will develop a collage that reflects what you desire in life. Visualize what you desire and bring happiness within your life.



continues



**Freedom Cafe Workshop** ~ Explore the magic of watercolor and ink to create a beautiful art-inspired piece. Through guided steps we will let the paint flow from your brush onto paper. We will then apply strokes of nature-inspired patterns creating a beautiful art message and painting. Through meditation, positive messages and nature-inspired patterns you will discover a harmony and balance from within.

**Nurturing Cafe Workshop** ~ Designing and creating your own handmade journal to help nurture your ideas, inspirations, wishes, desires. Now is the time to listen to those little nudges and write or draw them into your own creative journal. Together we will create a beautiful handmade journal using colorful paper, ribbon, string, paint and other craft supplies. Learn the power of automatic writing and drawing. Embracing and nurturing your ideas brings nourishment to your mind, body, and soul.



**Trust Cafe Workshop** ~ Experience gentle guided meditations and allow yourself to draw with your eyes closed. In a safe and caring environment, learn to trust and feel what is coming through your hands and fingertips. Believe that what unfolds on your paper can awaken a calmness that will make you smile.



## About Lisa

Lisa Greenleaf is a fine-art artist, graphic designer, art teacher, and motivational speaker, as well as a certified Reiki Master, IET Master teacher and Akashic Record practitioner. She is an award-winning, author/illustrator and book designer of over 30 books..

Lisa is the owner of *Greenleaf Design Studio*—providing clients with full graphic design services, book designing/publishing, creative consulting, teaching and more. She is also the owner the of *Greenleaf Arts & Healing*, in which she provides Reiki and IET energy healing, Akashic Record readings and Mediumship. Lisa's background and knowledge in the spiritual, corporate, and art worlds provide her with a unique set of skills and perspectives that she uses to assist you in finding a balance within your family, life and career. Lisa has inspired, mentored and taught all ages. She believes everyone has their own set of abilities, gifts and talents, and with the right guidance and encouragement they can discover their true passion through art and the creative process.

When Lisa takes a little break from her artsy/healing sides, you can find her paddling her kayak along NH and MA rivers and shores. In the evenings, she is frequently, singing and playing her ukulele at open mic venues with her beloved Bob.