

*Class here at Whitemarsh Learning Center!  
Register today! Come paint with Kristine!  
No experience necessary!*

---

## **"BLOOM"**

*An opportunity to reflect on your goals and dreams in a new way,  
and to nourish and encourage them to grow!*

***No painting experience necessary!** I designed this course after using a painting session for myself, to help me evaluate where I was and where I wanted to be in regards to a certain aspect of my life. During the session I was able to pinpoint some thought patterns that weren't serving me well. By the end I felt encouraged and empowered. I was determined to bypass the limiting self-talk that was on replay, holding me back. I have refined the process I followed that day over the past two years into the "BLOOM" class. I am excited to share it and that others will enjoy using it as a self-help tool as I did. The central motif in the painting is a flower, but it will be created in a unique way. I have shared this process many times and I am still in awe at how beautifully each painting "blossoms". What is more important though, are the insights and epiphanies gained during the process.*

*Is this all work and no play? Silencing the inner critic will be the most challenging part of the class!  
What makes it fun? Playing with paint and color and enjoying the free flow of energy from your body,  
through the brush to the canvas. It is exhilarating!*

***I would love to inspire you to relax, experience that joy and BLOOM!***

***Come share some KAIROS time with me!***

*Blessings, Kristine*

**Next Class Date: Saturday, August 3, 2024 3-6 pm**

**Whitemarsh Learning Center**

**\$60 per person - Class size limited to 10**

**Register with Kristine by August 1st - [Krissizak@aol.com](mailto:Krissizak@aol.com) or 215.480.6998**

**Payment in full due upon registration (Venmo, Paypal, Mailed Check).**

**Sorry, no refunds for missed classes, but you can gift the class to another person!**



**KAIROS** INTUITIVE  
PAINTING  
EXPERIENCE

