

New class here at Whitemarsh Learning Center!
Intuitive Painting Class with Kristine Izak
including Yoga and Sound Healing
with Jennifer Merritt

“METAMORPHOSIS”

An opportunity to reflect on your life’s journey and direction in a new way, and to support yourself through change with love and positive encouragement!

No painting experience necessary!

This painting course will take you through a series of steps inspired by the theme of ‘Metamorphosis.’ We will be painting the life stages of a butterfly in unique way, but that’s not the end! With color and line it will be transformed into a mighty tree - reaching and rooting towards new horizons.

I have shared this process many times and I am still in awe at how beautifully each painting arises.

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! Gentle yoga, breathwork, sound healing and meditation will be integrated into this unique painting experience and a catalyst for our creations.

I would love to inspire you to relax and experience the joy of creating in the moment!

Come share some KAIROS time with us!

Blessings, Kristine

Next Class Date: Sunday, October 6, 2024 3-6 pm

Whitemarsh Learning Center

\$60 per person - Class size limited to 10

Register with Kristine by October 3rd - 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

