

# Paint Your hArt Out!

Explore your creative nature through the process of spontaneous painting in a supportive non- judgmental environment.



Free your creative spirit... Follow the impulse of color and brush.

Whether you are a 'non artist' wanting to find your creative voice, or an artist wanting to move through creative blocks, this is a fun and energetic practice that will support your rich inner world of authentic expression. When we begin to source our creativity in this open atmosphere of self discovery, it allows a rich passionate imagery to emerge - with the potential to revitalize, inspire, heal and reveal joy! Emphasis is not placed on any result or attachment to outcome.

We will work with tempera paints on large format paper.

No prior art experience necessary!

Art Underground, Louisville CO.  
to register: [info@theartunderground.org](mailto:info@theartunderground.org)  
303-229-1127 [theartunderground.org](http://theartunderground.org)

February 10<sup>th</sup> – March 10<sup>th</sup>

6:30pm – 8:30pm Wednesdays

\$165 - All materials included.

Gaela Morrison, B.A., facilitator



Gaela was formerly a university art faculty in the sculptural fibers program, and taught workshops to foster individual freedom of artistic expression through the process of painting and mixed media. She has worked in a variety of media including stone, fiber sculpture, mixed media, and painting. She creates artistic and healing environments for public and private spaces that are intended to enhance an awareness of our relationship with the natural world. She resides in Louisville, Colorado where she blends art making with Geomancy and Feng Shui.  
[www.ForcesofNatureDesign.com](http://www.ForcesofNatureDesign.com)

Creativity...the Energy of Life!