



# *Creative Visioning*

## **Art Therapy & Transformational Coaching Group**

Connect with your dreams and keep your visions for the future alive by participating in a 10 week Creative Visioning group. Using the power of creativity, the depth of spiritual counseling, and the magic of transformational coaching, you will be gain clarity, inspiration, and motivation to make your dreams a reality. This group is an opportunity to connect with your heart's desires and align with your purpose by engaging your journey of personal growth and transformation in creative ways.

What beliefs keep you from getting what you want? What new ways of being could allow for you to have a breakthrough in living a life that you love? Each week we will use various creative explorations including guided imagery, meditation, art-making, and journaling to inquire into what is needed for you to create an amazing life. What you can expect:

- A safe, intimate closed group for exploring hopes and dreams.
- Creative, fun, and therapeutic ways to deepen self-awareness and gain insight.
- Bring more satisfaction and inspiration to your life.
- Ongoing coaching and support for achieving your goals and aspirations
- A cultivation of new practices that bring fulfillment and acceptance.

Cost: \$490 which includes 6 group sessions and 4 individual coaching sessions.

**Currently accepting participants to beta-test this group at a very low price!**

The group location and time will be determined by the needs of the participants.

Contact Sylvia at 971-255-3411 for a FREE 20 minute consultation to learn more about whether this group is right for you.

[www.wisdomhearthealing.com](http://www.wisdomhearthealing.com)