

Women, Spirit and Imagination

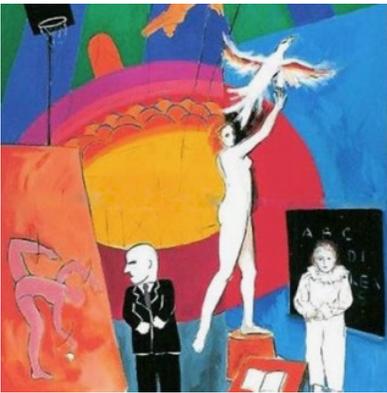
Fall Series - Special Session

Women with Vision: A Creativity Workout!

With Janet Luongo

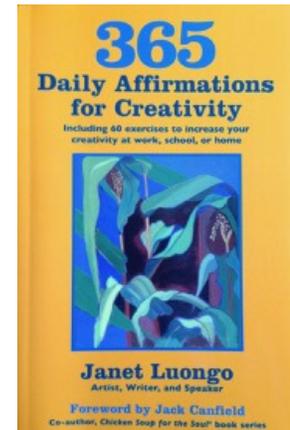
Saturday, Oct 19, 12:30 – 4 pm

Meeting House at the Unitarian Church in Westport



Energize creative thinking with fun exercises, and make your vision *visual*. Let go of blocks holding you back from self-expression and self-realization. The arts are a human birthright, accessible for everyone, not just the ordained few. In a supportive and non-judgmental environment, choose the color, symbol, form and poetic imagery that lights your spirit. Experiment with mixed media and freely cross-pollinate ideas using image, word and even sound. Practice the creative process and way of thinking, then be creative in developing your personal vision and finding solutions in various areas of your life. You'll have the opportunity to share in small and large circles, and to build community.

Janet Luongo, is life-long Unitarian Universalist and yogi. She is an artist, art educator, speaker, coach, and social justice activist. Janet has exhibited paintings in Paris and Geneva, and with Women's Caucus for Art-CT, the non-profit she founded in 1990, also exhibited in CT and NY. She is the author of *365 Daily Affirmations for Creativity*, published in the U.S as well as Columbia, Vietnam, South Korea and India. It's a guide to being creative in 12 areas of your life. Janet's memoir, about coming of age in 1967, is to be published by *She Writes Press* in 2021.



No art experience necessary, and basic materials will be supplied.

Please bring

- Clips of inspiring images, a special object, a favorite poem.
- Your own personal journal, paper, portable art materials (if you have them).
- Snacks to share during break.

Register for some or all of the series: tucwomen@uwestport.com



TUCWomen

A place for sisterhood, intimacy and deeper connections