

Creativity Circle

Fourth Thursdays, March 26th, April 23rd and May 28 from 6 until 8PM

*Join us for a very experiential evening at **The Tea House***

N7614 State Road 120 East Troy, WI 53120

***Nourish yourself in a creative dialog that includes breath, color, writing and imagination.**

***Center and refresh yourself and your life force.**

***Soften the dialog with who you are and the challenges you experience.**

***Experience shifts in perspective, posture, inspiration and motivation.**

Enjoy Marge's specialty teas and nourish your body with our soup and bread.

Bring your willingness to explore AND friends to share to adventure.

Fee: There is a suggested donation of \$20 per session.

RSVP: Please RSVP by the Monday preceding the first Thursday

Questions/RSVP: Call Sarah Karnes at 262-249-1176 Email Sarah@thewayoftheheart.com

or Marge O'Leary at 262-642-4045 Email Teahouse2@centurytel.net

Note from Sarah Karnes, Spiritual Nourishment...Greetings,

We've just completed our first Creativity Circles for 2009, and have set dates (fourth Thursday) for February through May of 2009. I look forward to the rich experience of gathering in community as we individually and collectively create more life affirming attitudes in the everyday and extraordinary aspects of our lives.

In the meantime as we look at the hope and the challenge of what is going on in our communities and our world at large, I encourage you to draw on some of the practices we have used in the circle to recall a broader perspective when your life, your body or your relationships may be feeling stiff or tight.

Journaling seems to be especially relevant right now for many of the people I'm working with. Of course there are countless ways to approach journaling. If you'd like to hone in on a specific format that might be more beneficial for what you are experiencing or growing through at this time, please call me, I can help.

Cultivating a regular habit of journaling will not only help you, it will also offer benefits to the many you touch, known and unknown.

I hope you will take a moment now to mark your calendars for the fourth Thursday of each month. We are very interested in themes or challenges you would like to address in the circle with the intention of creating fresh energy and attitudes. Please email or call me ahead with your ideas/needs.

Please pass this on to friends, family and colleagues who would appreciate this opportunity.

Blessings, Sarah