

# "The Wholeness of Me"

## Cosmic SmashBooking



### This is YOUR TIME!!!

Cosmic SmashBooking is Fun, Powerful, and Enlightening. It allows a discovery of new, a releasing of old, and a transformation of that which you no longer need.

**What:** Cosmic SmashBooking - With the theme of "The Wholeness of Me" - each session will continue the exploration of the reclaiming your fullness, letting go of that which no longer serves you, what is it you claim? and more. Format is such that you can be a new person or returning person and fit right in.

**When:** Starting Nov 7 - 6-9 pm and every 1st and 3rd Wednesday of each month through Mar 20. You can come to any or all of them.

**Where:** Uma Joy's Studio - SE Portland - Directions upon registration.

**What to Bring:** An open heart and open mind - a readiness to have fun. All supplies will be included though you may find there are collage items you wish to bring and use.

**Fee:** \$45 for 1st session, \$39 for each session after that. Or - a punch card for 6 at \$175 - Bring a friend for 10% off for each.



**Is experience needed ? ABSOLUTELY NOT!!!**  
**Is it FUN and POWERFUL? ABSOLUTELY**

Maybe you don't feel creative or that artful play is worthwhile...

Maybe you tried art journaling or painting before and think it is not your thing...

OR Maybe you've been looking for an amazing way to access internal information in a supportive, non-threatening way -

Maybe Cosmic SmashBooking with Intentional Creativity is JUST what you have been looking for!



Uma Joy is an Intentional Creativity Artist and Life Coach. She teaches Cosmic SmashBooking in the style of mentor Catt Geller. Uma believes we all can increase the joy and magic in our lives and loves sharing processes that accomplish that.

She is the founder of the "Table to Canvas" Method and when not in the studio she may be found in her Chiropractic office, with her family and friends, or out in Nature.

**Pre-Register to save your space: Call Uma Joy (208) 315.3777**