



"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: Sunday Feb 10 1-5pm for Beginners and returnees
Where: 7617 W Fairview Ave, Boise 83704

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. Magazines for yourself or to share are welcome too.

Fee: \$50 for first timers and \$45 for returnees

Preregistration requested:

<https://umajoyhealingart.com/events/cosmic-smashingbooking-boise/>



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 and Chiropractor She is a Certified Cosmic SmashBook teacher 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