

INTUITIVE PAINTING: *exploring the artist within*

facilitated by Gaetana Friedman, artist & teacher

2 day workshop • 9:00 am – 5:00 pm

Friday October 12 & Saturday October 13

COMMON LIGHT MEETINGPLACE
137 Center Avenue • Black Mountain, NC
cost: \$130



Gaetana with Transformation
tempera on paper
Aviva's studio, June 2003

- ▶ In a warm and supportive atmosphere, you will put paint on paper without 'knowing' what will emerge. This intuitive process enables you to meet aspects of your creative self that will delight, as well as, challenge you. No previous painting experience is necessary; just bring "beginner's mind" and a willingness to lean into the mystery. Sessions include ritual, painting time in silence, structured support, and time for reflecting on your experience.
- ▶ Materials are provided: rich colors of tempera paint (non-toxic, water based); soft inviting brushes, and paper that allows for many layers of paint. Wear appropriate clothing, bring a journal and a bag lunch each day; snacks and tea are provided. Plan to arrive at 8:45 the first day, in order to begin at 9:00.
- ▶ The location offers us a spacious studio with natural light on a beautiful, peaceful wooded site.

REQUIREMENT: Read Aviva Gold's *Painting from the Source* prior to workshop, or view the 40 minute film after the Friday opening; returning students can go directly to painting after the morning opening.

REGISTRATION: Limited to 10 participants. Send your check to Gaetana Friedman, 119 Shadowbrook Drive, Asheville 28805. Include your name, address, phone # and e-mail. For more information or questions, call me: 828-296 8168. Directions will accompany confirm. Early registration advised.

FACILITATOR: Gaetana Friedman, is an artist and teacher, with a special interest and experience in the connection between the creative, the spiritual and the personal.

