

# Make Art! Put a Twinkle in your Heart!

## iTwinkle\* - Artist's Weekend MeTreat

make, muse, take, share, write, ooze,  
 paint, be, punch, moodle, lose time –  
 on purpose, doodle, **I am talented** awaken,  
 glue, intuit, design, write, create,  
 paint, dabble-dabble, embellish, plan,  
 embrace change, draw, meditate, tinker,  
 make more, think, doodle, ponder, frolic,  
**delight** dabble, fiddle, smile, mix,  
 act, dare to be rare, scribble, guess,  
 tweak, fondle, nap, love yourself up,  
 dare to be rare, collage, **joy** give  
 permission, put a song in your step,  
 grow ideas, play games, be fab-u-lous,  
 do an oops, schmoosh, make friends,  
 drink **i have Lots of GREAT ideas** tea, colour outside the  
 lines, rock, roll, be real, munch,  
 be willing to make bad art ... in order to  
 make good art!, free-up, tell stories,  
 get wired, inspired, tired (the good kind);  
 talk, feel significant, glue, get filled up!

**...15 juiced-up, dreamy, illuminated, hours – in 'the zone'**

**VISIT BEINGU.COM**  
 FOR THIS YEAR'S DATES & LOCATIONS

**FRIDAY**  
 6:30 pm - 9:30 pm +

**SATURDAY**  
 10 am - 1:00 pm +  
 (lunch offsite – on your own)  
 2:30 pm - 5:30 pm

**SUNDAY**  
 10 am - 1:00 pm +  
 (lunch onsite – with the group)  
 2:30 pm - 5:30 pm

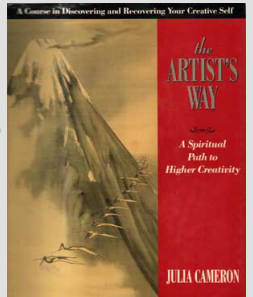
sooooo good

This intensely inspiring weekend, based on the **Artist's Way principles**, is a rich adventure resulting in flashes of insight, frequent daydreams, that familiar juiced-up feeling of joy – along with light-footedness, spills, messes and giggles ... in the heart of a Creative.

ahh – some



This program uses The Artist's Way to light the path, but is Not a weekend version of Julia Cameron's creative recovery program



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