

Dear Friends,

As the life-giving Sun steps back in the heavens leaving us with shorter days and longer nights, trees go out in a blazing symphony of color, pulling their green essence deep into their core as they get ready for the barrenness that is winter.

As we lean into the chill of white winter here in the Northeast, what do we need to pull into our own essential depths – what needs to hibernate or lie very still?

Explore this “before –winter” time with two skilled companions and guides, passionate about using the earth and her cycles to guide deep inner process. Discover what this hidden, hibernation time wishes for you, using creativity and imagination as the currency for play and for inner journeying.

THE BEFORE-WINTER TIME:

Two Workshops – One Day

Take them separately or (we hope) take them both

Cost: \$40 per workshop; \$75 for the day

Materials: Bring favorite drawing materials, small pillow/chair for sitting outdoors.

Date: Sunday 10/30/11

Location: Private Studio and Office of Therese Bimka
500 Stony Kill Road, Accord New York 12404

Group size: limited to 10 participants

Lunch: Bring your own lunch although refreshments will be available

Registration: Email Jude (jude@judithschafman.com) or Therese (tbim1@aol.com) that you are coming, and bring payment to the workshop with you.

With Warm Regards, Jude and Therese

Please see page 2 for course descriptions.

EARTH DREAMING AND DRAWING

9:00 – 12:30

Judith Schafman, Ph.D.

Explore your inner world and the autumn landscape through art expression and active imagination. Experience earth as a living being, great teacher, and magnificent problem-solver. Learn the practice of “eyes-open” dreaming while drawing Earth’s sounds, sights, and textures. Discover the surprising inner realizations you need, right now, to live your life in these “before winter” days. **NO DRAWING EXPERIENCE NECESSARY**

Jude is a teacher, artist, Gestalt therapist, dream worker and trained spiritual director, offering Soul Work: medicines for your heart and soul including Dream Work, imaginative self-expression, spiritual life exploration, the author of the e-course, **Dream Work: A Way In**. To see some of Jude’s art and read about the services she offers, visit www.judithschafman.com

* * * * * And building on the morning is: * * * * *

THE GODDESS ARTEMIS IN HER WILDERNESS FORMS

2:30-5:30

Therese Bimka, LCSW

A playful and soul-nourishing exploration of the Greek goddess Artemis using walking meditation, nature sit spots, clay and authentic movement. Artemis as wilderness archetype has many nature names: the Goddess of the dawn and frost, the meadows, lakes and streams, or the moon, the berry seed, of the wolves, the deer, the bear, the cedar, the laurel or willow tree, to name a few. Working with this complex goddess in her wilderness forms, we will dialogue and play with parts of our own selves needing to be unleashed. (Operative word, play!)

Therese is a licensed Clinical social worker, professional artist and art educator with extensive experience working with children, adolescents and adults. She utilizes art, Jungian sand play, guided visualizations, body/mind/spirit modalities with individuals and in workshop settings. Her ongoing goal is to support people in accessing their essential core. For further information go to www.ThereseBimka.com