

*Refreshing your Inner Connection*  
**Experiencing the Joy of  
Natural Creative Being**



**through Light, Color, Movement, and  
Guided Visualizations**

In this group, you will experience  
your inner creative being  
through simple and fun art-like processes  
that require no special skills

*Since your experience of your Self is the closest  
you can come to the Creative energy of All That Is,  
you need only restore your relationship with yourself and  
live freshly and directly...*

*Go Deeper. Feel Lighter. Find Freedom  
and Peace experiencing your True Self.*

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Thursdays 10:00–11:30 am \$10.00  
Journey Center - 3976 Durock Rd. #105, Shingle Springs

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***Please call to register:*** (530) 621-0899 or (916) 201-7885



**Marylou Morton** has been a Creative Group Facilitator for over 12 years and is devoted to helping others have a tangible, practical experience of their inner creative spirit. After many years in business management and finance, she chose a creative life as textile designer, artist, dancer and creative facilitator with a passion for improvisational creative experience. Participant feedback: *"I felt totally revived, reacquainted with my spirit, and reminded of my true path."*