

SACRED TURNING

a creative journey through nature's cycles



Are you ready to slow down and focus your intentions on a transformative journey that connects you with the natural rhythms of Earth? Join me in 2025 for "SACRED TURNING: A Creative Journey Through Nature's Cycles", a monthly online gathering designed for women, where we combine ancient wisdom, nature-based practices, and creative expression to honor the cycles of light and dark.

What You'll Experience:

Throughout the year, we will explore the eight Sabbats—Imbolc, Ostara, Beltane, Litha, Lughnasadh, Mabon, Samhain, and Yule—celebrating the changing seasons and what they symbolize: rebirth, balance, abundance, transformation, and more. The other 4 months – February, May, August, and November – we will focus on the Elements and how they factor into the sacred rhythms of life. This course offers a nurturing space to connect with yourself, others, and Nature's cycles in a deeply personal and creative way.

Creative Practices for Reflection and Growth:

Each month, we will begin with a discussion on the Sabbat or Element of focus. You'll engage in **meditation and art practices** designed to reflect the themes and energies of the Sabbat. Through collage, watercolor, abstract mark-making, and other simple techniques, we'll create art that aligns with the season's spiritual focus—whether it's embracing new beginnings at Imbolc or honoring transformation during Samhain. These practices are not about artistic perfection but about using art as a **form of reflection and personal expression**, allowing you to connect deeply with your own inner landscape.

- Collage your way into the themes of renewal and gratitude
- Paint bold strokes of passion during Beltane's celebration of life-force energy
- Create self-portraits of transformation as we honor the mystery of Samhain
- Explore spirals and sacred symbols as a reflection of your ongoing journey

Who Is This For?

This course is designed for women interested in the sacred cycles of life, who have creative courage and an **open heart**—no formal art training is necessary! If you enjoy expressing yourself creatively and are curious about how the cycles of nature can support your personal growth, this is for you. Whether you've dabbled in painting or simply love creative experimentation, these practices will guide you to explore your own creativity in new and meaningful ways.

What You'll Gain:

- A deeper connection to nature's cycles and how they reflect the seasons of your own life
- A creative practice that serves as both a meditative and expressive tool for personal insight

- A sense of **community** with like-minded women who are also exploring their personal paths
- Space to **reflect on your journey** through the cycles of light and dark, growth and release, rest and renewal

Each month we will gather in our sacred online space (aka Zoom) to learn, discuss, meditate, and create! You will experience/receive each month:

- Meditation (getting grounded, slowing down, and connecting with Nature and your own soul)
- Art practice (to deepen your engagement with Nature's cycles and elements)
- PDF of the Sabbat or Element that includes correspondences, ways to celebrate, and even recipes for food and beverages
- Journal prompts for reflection (you're encouraged to keep a journal for the year that includes both written reflections and creative expressions)
- Rituals to do on your own
- Recording of live gatherings
- An amazing circle of women to grow and share with

Join us in honoring the ancient wisdom of the Wheel of the Year, where each season offers its own gifts of reflection, transformation, and renewal. Come ready to express yourself, connect with nature, and create art that speaks to your soul.

Space is limited! Reserve your spot now and step into a year of creative discovery.

\$360 USD annually or 4 x quarterly installments of \$95 USD. Registration closes on **January 16, 2025**.

SACRED TURNING will be a uniquely meaningful experience (and makes a great gift)!



REGISTER HERE - SECURE PAYMENT VIA STRIPE

[ANNUAL PAYMENT](#) \$360.00 [QUARTERLY PAYMENTS](#) 4 x \$95.00

Once registered, you will receive meeting dates, links, and a suggested art supplies list.

If you have questions, email me: laura@anartfulrecovery.com.

