



CreationsByTracey

4 URSOUL

Themes Incorporated - Connecting With Nature

ART & WRITING SESSIONS & WORKSHOPS

For Children, Youth & Adults
Small Groups & One-On-One



SELF-EMPOWERING WORKSHOPS

For Adults & Women

4 E'S TO CREATE

Experience ▪ Express ▪ Expand ▪ Extend

ART SESSIONS

Explore the 4E's of Creating – Experience, Express, Expand and Extend. Engage in the creative process, activate imagination and connect with Nature.

Beginner Children & Youth

SATURDAY, 1 h, 10:30-11:30 or 12:30-1:30

Activate Creative Interest & Expression

For Children & Youth with limited or no experience but want to learn and explore

This fun learning experience for children and youth give an opportunity to develop and demonstrate imagination, observation, exploration, learning and practice of basic structure of Art, including: Shape, Form, Texture; Colour; Composition and Perspective.

\$25.00/Session or
\$22.00/Session Pre-Paid 5 Sessions

Intermediate Adult & Youth

SATURDAY, 1 ½ h, 2:00-3:30

MONDAY, 1 ½ h, 6:00-7:30

Expand Creative Expression

You have some experience & basic understanding and you want to nurture your skills

Engage, practice and gain further knowledge to enhance and expand Artistic expression utilizing and integrating: Colour; Shading and Blending; Shape; Form; Perspective; Texture and Composition. Emphasis on observation so you may translate and record visual expression.

\$30.00/Session or
\$25.00/Session Pre-Paid 5 Sessions

WRITING SESSIONS

Hosted on Thursdays evening and Saturdays afternoon, these sessions provide opportunity to explore, empower, express, expand and extend writing interests and abilities.

Adult & Youth

SATURDAY, 1 ½ h, 4:00-5:30

THURSDAY, 1 ½ h, 6:00-7:30

Free Form Writing Expression

You want to discover and explore writing skills and interest

Engage in varied word and writing exercises with varied subjects, topics and themes. These interesting, fun and expository Writing Sessions can instill a lasting positive and productive outcome.

\$15.00/Session or
\$10.00/Session Pre-Paid 5 Sessions

ART WORKSHOPS

An opportunity for intensive practice, connect with nature, activate imagination and expand upon and be empowered to produce personal expression.

Intermediate Adult & Youth

SUNDAY, 2 ½ h, 2:00-4:30

Drawing and/or Painting

You have experience you want to reactivate; or you have innate ability and want to explore

This workshop is an opportunity to freely explore and experiment, and improve on skills and abilities. Visualization Meditation is incorporated with a chosen subject and theme to draw or paint demonstrating images with colour and shading, balance and harmony.

\$38.00/Workshop or
\$33.00/Workshop Pre-Paid 5 Workshops

Intensive Adult & Youth

SUNDAY, 4 ½ h, 11:00-3:30

Drawing and/or Painting

You have experience and innate ability and want to grow personal style and skill

Create a drawing or painting of a chosen subject or theme to experience, express, expand and extend personal Artistic style. Visualization Meditation to infuse relaxation and focus is incorporated. Freely exploring and being bold is encouraged. Instruction and guidance is provided when needed.

\$55.00 Includes Materials, Lunch & Refreshments
\$20.00 Deposit Required

WRITING WORKSHOPS

4URSOU WRITING WORKSHOPS provide additional time to concentrate and give an opportunity for Adults & Youth to produce more solid and concise written works.

Adult & Youth

SUNDAY, 4 ½ h, 11:00-3:30

Writing With Purpose

You have experience and seek to practise for deeper writing endeavour

Practice purposeful writing into completed Authored works of Poetry, Short Stories, Articles, Biography, Autobiography or Novel. Designated topics from personal experience to express, expand and extend a written message to provide readers with an interesting read.

\$40.00 Includes Materials, Lunch & Refreshments
\$20.00 Deposit Required

ART & WRITING WORKSHOP

SUNDAY, 4 ½ h, 11:00-3:30

Cultivate Creative Expression

You have experience with Art and Writing and you want to invest further growth

An opportunity to lean on already established Artistic and Writing interest and skills. A variety of subjects and themes allowing for free flow of imagination and cultivation of creative expression.

\$50.00 Includes Materials, Lunch & Refreshments
\$20.00 Deposit Required

SELF - EMPOWERING WORKSHOPS

These workshops include Visualization Meditation and personal reflective exercises for betterment of self and relationships. I experience that human life is created to grow ourselves and to reflect qualities of the Ultimate Creator. I encourage self investigation for authentic review. These Workshops are designed and facilitated with the intention to inspire and empower positive thinking and actions in all areas of your life to experience, express, expand and extend the creation each is created to reflect. Vegetarian or Non-vegetarian Lunch & Refreshments. Materials included.

Women's Creative Self-Empowering Day

SUNDAY, 5 h, 11:00-4:00

Interpersonal Reflection and Expression

Integrative fun, creative and empowering exercises for betterment of self and relationships

This fun, relaxing, interesting, creative, engaging, positive, empowering and unique self-reflective workshop for women aims to identify and defuse blockages and infuse positive thoughts and patterns of behaviour. Interpersonal reflective activities assist activation and connection with soul, feminine qualities of creativity; creating flow; discovering limitless dimensions of nature and the creative process. Open dialogue and Art, Music & Writing (no experience needed) are included. I facilitate to encourage self-empowering, positive, productive and creative solution-oriented outcomes.

\$50.00
\$20.00 Deposit Required

Integrate Ideals Into Practical Actions (IIIPA)

SUNDAY, 3 ½ h, 11:00-3:30

Interpersonal Reflection and Expression

Review, integrate and build upon varied self-development programs for clarity and intentional betterment of self and relationships

This workshop designed for adults and youth, men and women integrates a review of varied positive and productive self-development and recovery programs to assist to build and strengthen personal qualities and capacities. This is an opportunity to form strategies and practical actions to bring out the best in self and to enliven personal and professional relationships. Interpersonal reflective exercises and conversations intended to elevate personal growth that lead to stability, security and tranquility.

\$45.00 Includes Manual for continued usage,
\$20.00 Deposit Required

IN THE GARDEN COLOURING ART & LUNCHEON

TUESDAY, 2 ½ h, 11:30-2:00

Fun Exploratory and Creative

Gather with your friends to mingle and luncheon with Tracey for a unique, fun, interesting, adventurous, peaceful and entertaining creative encounter. Guided Visualization Meditation, Colouring Garden Theme Images and a healthy refreshing lunch are all inclusive. Weather providing we can gather outdoors on the deck surrounded by lush trees, flowers and vegetation.

\$25.00 Includes Materials, Lunch & Refreshments
\$15.00 Deposit Required



HOME SCHOOLING & MARCH BREAK

I offer Home Schooling sessions for children interested in Art & Writing through out the school year. This is an opportunity for children being home schooled to engage in Artistic Exercises to instill creativity, observation and an understanding of the cycle of life within them and surrounding them. Exercises will be incorporated depending on age and skill level.

During March Break, for small groups of children (3 - 5 max),
I offer a variety of Art and Writing Activities.

For more information visit

www.CreationsByTracey.com

4URSOUL

Themes Incorporated – Connecting With Nature
Art & Writing Sessions & Workshops Calendar 2021 - 2022

ART SESSIONS

BEGINNER CHILD & YOUTH

SATURDAY, 1 Hour
10:30 - 11:30 or 12:30 - 1:30

2021:

Oct 9, 23; Nov 6, 20; Dec 4, 18

2022:

Feb 5, 19; Mar 5, 26; Apr 2, 16, 30;
May 14, 28; Jun 11, 25;
Sep 10, 24; Oct 1, 15, 29;
Nov 12, 26; Dec 10, 17

INTERMEDIATE ADULT & YOUTH

SATURDAY, 1 ½ Hour
2:00 - 3:30

2021:

Oct 9, 23; Nov 6, 20; Dec 4, 18

2022:

Feb 5, 19; Mar 5, 26; Apr 2, 16, 30;
May 14, 28; Jun 11, 25;
Sep 10, 24; Oct 1, 15, 29;
Nov 12, 26; Dec 10, 17

INTERMEDIATE ADULT & YOUTH

MONDAY, 1 ½ Hour
6:00 - 7:30

2021:

Oct 11, 25; Nov 8, 22; Dec 6, 20

2022:

Feb 7, 21; Mar 7, 21; Apr 4, 18;
May 2, 16; Jun 6, 20;
Sep 12, 26; Oct 3, 17;
Nov 7, 21; Dec 5, 19

ART WORKSHOPS

INTERMEDIATE ADULT & YOUTH

SUNDAY, 2 ½ Hours
2:00 - 4:30

2021: Oct 10; Dec 12

2022: Mar 13; May 29; Sep 25; Dec 4

INTENSIVE ADULT & YOUTH

SUNDAY, 4 ½ Hours
11:00 - 3:30

2021: Dec 19

2022: Feb 20; Jun 12, Nov 13

WRITING SESSIONS

ADULT & YOUTH

SATURDAY, 1 ½ Hours
4:00 - 5:30

2021: Oct 9, 23; Nov 6, 20; Dec 4, 18

2022:

Feb 5, 19; Mar 5, 26; Apr 2, 16, 30;
May 14, 28; Jun 11, 25; Sep 10, 24;
Oct 1, 15, 29; Nov 12, 26; Dec 10, 17

ADULT & YOUTH

THURSDAY, 1 ½ Hours
6:00 - 7:30

2021: Oct 14, 28; Nov 11, 25; Dec 9, 23

2022:

Feb 10, 24; Mar 10, 31; Apr 14, 28;
May 12, 26; Jun 9, 23; Sep 22;
Oct 6, 20; Nov 3, 17; Dec 1, 15

WRITING WORKSHOPS

ADULT & YOUTH

SUNDAY, 4 ½ Hours
11:00 - 3:30

2021: Oct 17; Dec 5

2022: Mar 6; May 8; Sep 18

ART & WRITING WORKSHOPS

INTERMEDIATE ADULT & YOUTH

SUNDAY, 4 ½ Hours
11:00 - 3:30

2021: Oct 31

2022: Jan 2, Mar 27; Jun 26; Nov 27

4URSOUL

Themes Incorporated – Connecting With Nature
Special Workshops Calendar 2021 - 2022

SELF-EMPOWERING WORKSHOPS

WOMEN'S CREATIVE SELF-REFLECTION/EMPOWERING DAY

SUNDAY, 5 Hours
11:00 - 4:00

2021: Oct 24
2022: Apr 24; Oct 16

INTEGRATE IDEALS INTO PRACTICAL ACTIONS (IIIPA)

SUNDAY, 3 ½ Hours
11:00 - 2:30

2021: Nov 21
2022: May 22; Oct 9

IN THE GARDEN COLOURING ART & LUNCHEON

ADULTS

TUESDAY, 4 ½ Hours
11:30 - 2:00

2021: Oct 19
2022: Mar 22; Apr 19; Jun 21; Sep 20

HOME SCHOOLING

MONDAY - FRIDAY, 1 OR 1 ½ Hour
Morning or Afternoon

MARCH BREAK

March 14 - 18

Ages 9 – 13, Morning 10:30 – 12:30
Ages 13 – 16 , Afternoon 2:00 – 4:30

IF YOU PREFER ANOTHER DATE OR TIME FOR SESSIONS OR WORKSHOPS,
TO SCHEDULE SPECIAL GROUP OR PARTY SESSION,
TO REGISTER OR ANY QUESTIONS:

Text or Call Tracey

519.267.4873

For more informations about
Tracey and her Art , Music or Writing or Online Store
visit

www.CreationsByTracey.com

CreationsByTracey

Art, Music & Writing



Garage Gallery

329 Langlaw Drive, Cambridge

4URSOUL ART & WRITING – SESSIONS & WORKSHOPS

Themes Incorporated – Connecting With Nature

Include Materials and Visualization Meditation
Encourage Activation of Imagination
Surrounded by Creativity and Positivity
Incorporate Themes Connect with Nature
Individual and Group Guidance and Feedback

4URSOUL SELF-EMPOWERING WORKSHOPS

Facilitating from the belief that each of us is created to reflect qualities of the Ultimate Creator, I encourage self investigation of authentic reflection to experience, express, expand and extend the creation you were created to reflect.

Include Visualization Meditation, Personal Reflection Exercises
Art & Writing Exercises, No experience Needed

To Register or Any Questions, TEXT or CALL Tracey:

519.267.4873

For more informations, visit

www.CreationsByTracey.com

All Session and Workshops hosted in the comfort of my home in Cambridge
Flexible Schedule if you prefer a different day/time
Small Group and One-On-One



ABOUT TRACEY

Years of training and practical application of: Fine Art and Design, Horticulture, Landscape Design, Contemplative Visualization, Mindfulness and Sound Meditation, and Non-Denominational Ministry and Life Coaching, I embody a depth of relatedness with Soul, Nature, Creativity and the Human Spirit.

Having developed these qualities and talents within myself, I joyfully and diplomatically offer for children, youth and adults, in small groups this unique integrated blend of expertise, to empower and enthuse exploration of the creative process connecting with Soul and Nature, and to grow in quality of character along with creative talents.