



**ONLINE ZOOM CLASS**  
**FRIDAY JULY 8th 12-2 pm EST**

**Drawing out the Soul:  
Healing Art - Visual Journaling  
Coaching Class**

With LORI SWEET

Do you have a stressful decision to make? An inner conflict you would like to resolve? Are you feeling stress from indecision?

In this mini-workshop, Lori will use guided visualization, visual art journaling, and reflective questions with time to do some embodied writing to help you to release stress, calm the mind, and access deeper inner wisdom to assist you. This is a 3 part process that engages both sides of the brain and our intuitive/soulful wisdom as well! The process is fully guided.

Art supplies can be as simple as a pen and paper. Suggested art supplies would be a journal or blank white paper with crayons or oil pastels. Having a glass of water and a quiet space to work during the class is highly recommended. This is not appropriate for children. Participants must be 18 yrs old and older.

**Fee is \$32 EARLY BIRD FEE by June 25<sup>th</sup> is \$24.00**  
**This class is going to be limited to 10 participants.**

**TO REGISTER:** Two-part process.

Click here to <https://www.lorisweetstudios.com/contact> to enter your name and email. In the message tell me which class/classes you would like to sign up for.

Then Click here <https://www.lorisweetstudios.com/pay-now> to go to the payment page. You can pay by Paypal or Any Credit Card and you can enter the exact amount you wish to add in the payment process.

**OR**

You can email Lori at [lorisweetstudios@gmail.com](mailto:lorisweetstudios@gmail.com) or call 717-756-0120 and be assisted with registration.

After you register, an email will be sent to you with the Zoom link. The instructional part of class will be recorded and the video will be posted in a password protected page on my website for 15 days so participants will have a chance to re-watch it and participate again if you wish.