

Inspired at Home

A Beautiful Mess!

We often hear from ourselves or others “I’m not an Artist, I can’t draw”. What if it was all about making a beautiful mess! Being inspired by what is around you. What if you created just for you?

Start a daily meditation by drawing, photography, sculpting. Using what you have at home! pencil, ballpoint pen, charcoal from a burnt matchstick, - get messy.....draw in the sand, or the sugar! What does it feel like, smell like, sound like? Get all your senses involved. Notice what subjects are around you.



ART MARKINGS STUDIO

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Mandalas are a great way to let your mind wander! in it's simplest way, start with a dot in the middle of a page, and then draw a circle around that dot, and maybe another circle around that circle! you could keep going.....when you have stopped. then look at the space between the circles and fill them in with little circles, squares, triangles! Doodle create patterns!, draw free hand. After, colour your mandala!

Let yourself be present with the soul purpose of filling in the circle! and, BREATHE!



TREA'S ART MAGAZINE

Volume 1 March 2018

Welcome to Trea's Arts Mag, a mini mag of what I'm up to, and maybe some art experiences you can try at home, get those creative juices happening.

Ramblings, insights, inspiration, workshops and events. This will be an experiment - a beautiful mess!

I have often wanted to put this (paper) in motion, maybe it's been the cold weather that has gotten me going, or maybe the super blue moon we just experienced....whatever it was, the stars have aligned and here I am writing and creating a beautiful, colourful art magazine.

I've been in Eastend for 11 years, drawn by the beauty of the valley, the Whitemud formations, the way the land and the sky speaks here.

I own a studio in Eastend, and in the

past 11 years I have created and facilitated art classes, drum circles, healing art programs. and energy healing sessions. Tapping into the authentic self. to remember who we are! We get so into our labels, we forget what we truly resonate with

We are a unique vibration that is recognizable. Call it a soul, spirit, or an energy vibration We are energy! Everything around us has a unique vibration too! Find the one/s that match or are in harmony with you by creating music, art, writing, dancing, being out in nature, these are ways of connecting to who we are. We remember, we wake up, We get inspired, We listen to our intuition, and then we let go of what is no longer needed and bring in new possibilities into our life, our environments!

Be Inspired!
Trea!

WORKSHOPS



Enjoy an evening of painting,
laughter, and letting all the worries
of your day slip away!

Locations:

Jacks Cafe Eastend, SK

Wednesday, March 28 \$50 7pm

Tulips on Canvas

Kokopelli's Swift Current SK

March 13 or 14 7:30pm \$60

Paint and adorn your goddess box

Choose a night, 6 spots per night

Pre pay to register

E-transfers welcome No refunds

Contact Trea Jensen 306 295 7172

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REIKI CLASSES

Reiki is a Japanese modality of healing. that is relaxing, and helps one to achieve a parasympathetic state. What is that? The parasympathetic state is rest and digest - Where all aspects of the body - physical, mental emotional, can start healing. The over stimulation of hormones secreted by the body during a sympathetic state, are ceased. The body stops being in a fight or flight state. Repair can happen.

I am a Usui and Karuna™ Reiki Master. I teach and take clients who are looking for healing facilitators in their healing journey. Reiki is complimentary to all healing modalities.

Interested in becoming a Reiki practitioner or Reiki for your own healing contact me to set up a class or appt.

Usui Reiki Level one: March 25 \$150.00

The first attunement to Reiki facilitates focus on the physical level. Learning hand placements, scanning and practice self healing. meditation to build up Chi in the body. sensing the life force energy flow through one's being and flowing through another. . The class will also include, info on chakras, hands on Reiki treatment, and manual.

Usui Reiki Level two: April 8 \$250.00

The second attainment to Reiki facilitates focus on the mental emotional level. Reinforcing what was learned in Reiki 1, working with symbols, techniques and other timelines - past, present, future. Working with surrogates especially working with animals. Meditations, chakra's, manual, hands on Reiki treatment practice .

ADVANCED REIKI TECHNIQUES: \$400.00 TWO DAYS APRIL 21 & 22

A.R.T is part 1 of a Reiki Master class and the focus is on the higher self. In this class you will learn to use techniques to facilitate deep healing, use of crystals and grids, new symbols and working with a pendulum.

Workshops at Art Markings Healing Arts Studio..223 Front Street Eastend, Sk



African Drumming and Drum Circles

Are you interested in learning how to drum West African style? Drumming helps the brain create new neural pathways. The vibration of drumming has a healing affect on all the cells of the body! Get 10 peeps together and create a fabulous evening. \$200 includes 1 1/2hr lesson and drums for in class use. Travel costs extra

Drumming at Art Markings Studio!

Outside drumming weather permitting!

ART CLASSES FOR ALL AGES

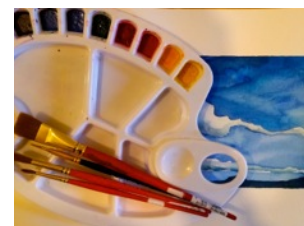
Play with different mediums of art! It is a good way to find out what type of medium you like to play with! Acrylic, watercolour, sculpture, mix medium and more! Supplies included for in class use!

ADULT ART CLASSES

7 - 9:30pm

\$150

Thursdays Mar 15, 22, 29 and April 5th



STUDENT CLASSES

3:45 - 6pm

\$150

Tuesdays Mar 20, 27, April 10, 17, 24



EASTER WEEK AFTERNOONS

2 to 4pm

Three afternoons April 3, 4, 5

\$90

A MEDITATION TO TRY AT HOME!

MEDITATION! BREATHE!, BE PRESENT!

Here is a simple breathing meditation you can do that nourishes your heart! .

Get yourself in a comfortable position. Breath into your belly 3x then on your next breath visualize breathing warm loving energy up through your left palm, up your left arm through your shoulder into your thymus(below your neck) then down into your heart. Continue till you sense your heart is full, nurtured and overflowing! Then breathe that overflowing love to flow up into the thymus(the immune system) nurture it, and sense the energy move into your right shoulder, down your right arm, and into your right hand. Breathe the loving nurturing energy from your right palm out to your left palm, and send that love to yourself, breathing that nurturing loving energy into your heart. Continue to receive loving nurturing energy as you breathe into your heart centre!