

"Colour is the Soul of Nature and of the entire Cosmos. We participate in this Soul and in Cosmic Life when we experience the living flood-tide of Colour. Painting is the free movement of the Soul in the Universe."

~*Rudolf Steiner*

Lórien Eck is an award-winning educator and professional artist whose spiritually-inspired paintings hang in the Temple of Light as well as in galleries in Laguna Beach and Santa Monica. In addition to working as an artist, she offers sessions with individuals seeking self-understanding through her Soul Cosmology Paintings as well as offering creative process workshops for groups both nationally and internationally.



**AWAKEN YOUR HEART,  
NOURISH YOUR SPIRIT**

**SIGNATURE WORKSHOPS™ W/LÓRIEN ECK**

You will receive a one-of-a-kind experience that is exclusively created with your Heart and Soul in mind. Come discover, explore, be inspired and inspire, liberate and create from your inner-most Be-ing, your Soul!

I invite you to come play, meet other like-hearted kindred spirits and express your self within the creative process through painting!

Feel awakened to your creative genius and feel nourished in a sacred, relaxed and safe space to **create a unique art piece to take home.**

Group size is small to allow for individual attention and guidance. **For both artists and non-artists alike!**

Are you feeling the inspired call from within?

**When: Sunday, June 1, 2p-5p**

**Where: Temple of Light**

**Cost: \$105 incl. all art materials and your paintings!**

**Register: <http://awakenandnourishjune1.eventbrite.com>**

**Early Bird Special if you Register by May 15- \$90**