



CALENDAR OF THE WORKSHOPS IN ITALY

Summer courses are held at the **Accademia di Arte, Creatività e Consapevolezza** near Assisi in Umbria, Italy.

June

- 9-11 **Joyful, Authentic, Original Self Expression** €108 Tuition
- 12-13 **Orientation for Transformative Arts Certification** €108 Tuition
- 16-18 **Open Your Heart through Art** €108 Tuition
- 19-23 **Free Your Creative Spirit** €270 Tuition
- 23-25 **The Tao of Creativity ~ Flowing with the River of Life** €108 Tuition
- 25-30 **Painting from the Heart & Soul** €270 Tuition

July

- 30-2 **Dancing Live, Movement Awareness Workshop with Marina** €108 Tuition
- 1 *Paramjyoti Dance Concert*
- 3-7 **Paramjyoti Dance of the Heart Course** €270 Tuition
- 7-9 **The Divine Romance** €108 Tuition
- 9-14 **Powers of Creation** €270 Tuition
- 14-16 **Painting in Nature** €108 Tuition
- 14-16 **Live Light through Color with Aanadi** €108 Tuition
- 16-21 **Spirit, Art & Nature** €270 Tuition
- 21-23 **Parent & Child Creativity** €108 Tuition

August

- 30-4 **Building Community through the Arts** €270 Tuition
- 5 *Evening of Enchantment*
- 11-13 **Joyful, Authentic, Original Self Expression** €108 Tuition
- 17 *Candlelight Labyrinth Ceremony*
- 13-18 **Centering: Mandala, Labyrinth with Satya** €270 Tuition
- 18-25 **Healing Journey** €800 Tuition / Early Bird before June 1 €597
- 28-1 **Personal Quest Project for TA students**

For any other information needed, please contact:

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Panna Maestrini: pannaum@gmail.com (ITALIANO, ENGLISH, FRANÇAIS)

WEBSITE: English <http://awakeningartsacademy.com/> Italian <http://artespírito.it>

Note: Weekend courses begin with Friday night orientation and end on Sunday before lunch; 5-day courses begin with Sunday night orientation and end Friday before lunch. Friday and Sunday afternoons are free.

Most of the workshops and courses are bilingual (English/Italian)

THE PRICE OF ALL OUR WORKSHOPS INCLUDES ALL THE BASIC ARTISTIC MATERIALS

If you are interested in lodging nearby there are two options within walking distance:

[Ananda Yoga & Meditation Retreat](#)
[Arcobaleno Agriturismo \(Bed & Breakfast\)](#)

Our Academy in a glance



... our sharing Circles
and impromptu music jams





... with panoramic views outside the backdoor! There is enchanting beauty in all directions.

Welcome to our studio where all the workshops are held ...





... where Creativity goes along with joy, friendship and Soul nourishment!



The Academy has a student lounge with a tiny kitchenette. Our classes always have an abundance of tea & coffee as well as scrumptious snacks.

Across the street you can meet people from many countries at the café, and enjoy enlivening conversations at Piazza Ananda.

You are only 25 minutes away from Assisi, home of St. Francis and international city of peace. Rome and Florence are a few hours by train.

IN THE FOLLOWING PAGES YOU WILL FIND MORE DETAILED INFORMATION ABOUT EVERY WORKSHOP LISTED IN THE CALENDAR

Joyful, Authentic, Original Self Expression

Express your authentic Self with freedom and JOY!

You are unique in all the world. You have a very particular expression that is yours alone. Come learn how to express your TRUE SELF- the real you that is your Soul Nature. In one short weekend, you will find yourself beaming with delight- childlike joy flowing from your heart.



Dates: 9-11 June 2017

Cost: € 108 includes materials

Open your HEART through ART workshop

Through the JOY of spontaneous creative flow we will 'become as little children' and enter the kingdom of God.



In the spaciousness of your OPEN HEART the little child inside is liberated. Creative process is intrinsically healing. From the core of your own BEING you will release the heavy weights and struggles that bind the heart. We will PLAY with clay, paint and pastel- focusing on the process, not the product. Through this creative process we can reach beyond the mind to touch the heart directly.

Immersed in a liberating flow of creativity we will experience the **childlike HEART**: Spontaneous, open and trusting, adventurous and HAPPY. Discover the power of Art to heal, open and uplift your heart!

Discover the power of Art to heal, open and uplift your heart!

When: 16 – 18 June 2017

Cost: € 108 includes materials

Free Your Creative Spirit Workshop

Open the channel to your own unique creative self-expression.

Creativity is the language of the Soul: It opens our hearts and lifts our spirit. When we get in touch with the inexhaustible source of inspiration, we become naturally creative in all spheres of life.

In this workshop, you will awaken the artist inside you, and use your innate creativity as a powerful tool for personal and spiritual growth. Simple and fun exercises remove the blocks to the free flowing of your creative spirit. *No artistic talent or experience is necessary!* Workshops include painting, pastel, chalk, collage, guided visualization, meditative movement, dance, and singing.



You will experience:

- A childlike joy in the vibrant flow of creative self-expression
- Easy and fun practices that jump-start creativity
- Re-connection to your inner world and your authentic Self
- The ability to have inspiration at will

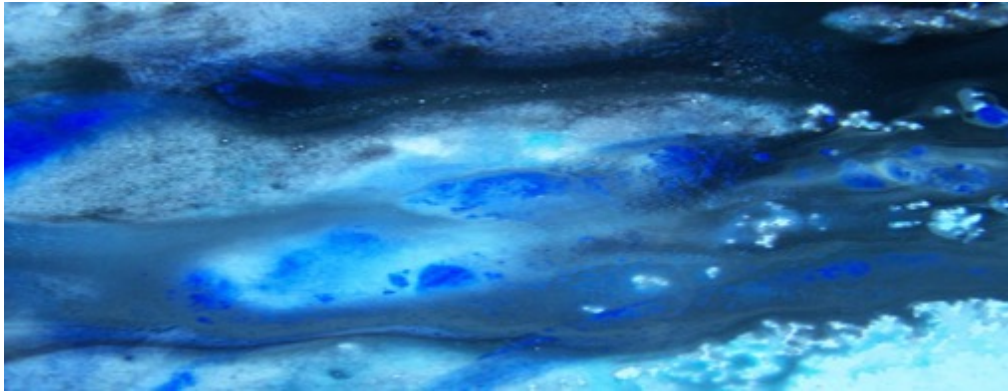
When: 19 - 23 June

Cost: € 270 (includes materials)

The Tao of Creativity

Flowing with the River of Life

with Panna



In Nature, so beloved by the old Taoist philosophy, among all the elements Water is the most appropriate to teach us how to live in the flow. Even in ancient Greece, closer to us than China, Heraclitus used to say: “Ever-newer waters flow on those who step into the same rivers”. Every single moment is a unique universe breaking forth from the Ocean of Silence and then diving back into its depths.

We’ll learn how to stay in the Now and explore its depths, and how to let unexpected Treasures come up to the surface. These soul’s gems will manifest as paintings, movements, gestures, sounds, shapes molded in clay ... all bringers of deep meanings that nurture our Heart. We’ll experience the joy that bubbles up when we adventure beyond our chattering mind into the breathtaking realm of “not-knowing”, the same territory that Taoists called “wei wu wei” – acting without effort, a spontaneous action that flows like water. And we’ll infuse our everyday life with this serendipitous flow.



Flow with whatever may happen
and let your heart be free;
stay centered
by accepting whatever you are doing.
This is the ultimate wisdom.
- Zhuang Zi



The teacher: Panna

Panna (Anna Paola Maestrini) has been teaching Qigong for more than two decades; she has a degree in Languages and BA in Fine Arts. She ‘learned’ meditation with Eckart Tolle, Marina Borruso and Adyashanti, and she translated some of their books into Italian and French. She is a Transformative Arts Teacher and loves sharing ever new and fresh contents with any person who wants to venture into the river of Creativity!

When: 23 – 25 June 2017

Cost: € 108 (including materials)



Painting from the Heart & Soul Workshop

Liberate your own unique, authentic creative expression & Soul intuition!

This full-immersion intuitive painting workshop gives you the freedom to express your inner Self without self-criticism. Proven techniques will overcome blocks and open the doorway to inspiration. Discover the bliss of losing yourself in the vibrant flow of creative energy. Experience true originality and spontaneity of expression.

The freedom you experience translates to all modalities of Art & Life. It's NOT ABOUT ART. We use Intuitive Painting to access the holy wisdom of our Soul- to commune with the inner realms of heart, soul & spirit. Flowing, spontaneous and intuitive painting naturally opens you to the Divine Realms – to what is deepest and highest within you.

Intuitive painting is a powerful intuitive, spiritual and creative practice.



What you will Discover:

- ♥ The pure JOY of childlike spontaneous expression
- ♥ Your own original artistic voice
- ♥ How to OPEN the doorway to inspiration
- ♥ How to channel soul tingling inspiration upon demand



Absolutely no talent or experience is required. Non-artists will discover the artist within. Practicing artists will refresh their inspiration and learn how to remain in the zone of high vibration creative flow.

“Intuitive painting is the practice of meditating with a brush in your hand. As you release your attachment to judgment and planning and some future goal the practice allows you to open more to presence and spaciousness and self-compassion. To the dreamtime and the invisible realms. To a deeper connection with the spark of spirit and your innate divine wisdom.” Chris Zydel

When: 25 – 30 June 2017

Cost: € 270 (includes materials)

The Dance Within

~ Movement Awareness Workshop

“Yoga is a dance within...and then something inside you grows so big, it spills out like champagne, that’s when you dance on the outside.” ~ Tao Porchon-Lynch

With playfulness, we let ourselves go and melt the barriers that block us from feeling connection with ourselves and others.



- Experience the meaning of “moving from the center”, to access the inexhaustible creative source that is our true nature.
- Discover and ENJOY your own authentic expression in movement
- Recover your inner vital spark!

No dance experience is required!

When: 30 June – 2 July 2017

Cost: € 108 (includes all materials)

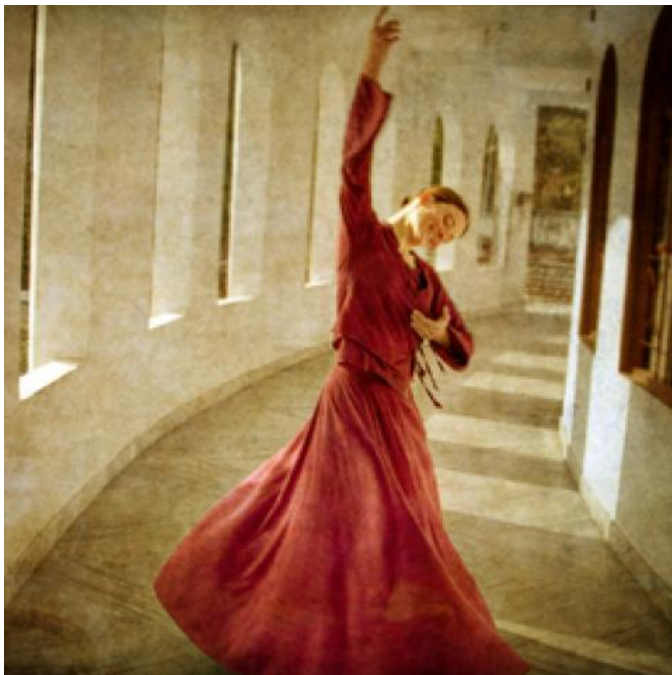
Dance Programs with Paramjyoti



‘Dance of the Heart’ with Paramjyoti

Come and experience the simple yet profound ‘Dance of the Heart’. Paramjyoti blends sacred dance elements from around the world in her own unique intuitive and spontaneous form of dance.

Paramjyoti’s dance is utterly unique - beautiful, refined and inspirational. She offers her dance as a meditation, prayer, as energy work for others and as celebration in community. Her dance is not a learned routine but movement that emerges spontaneously with live music.



What is “dance of the heart”?

Dance of the Heart is a devotional prayer expressed in the language of graceful physical movement. It serves as a doorway to the Highest Mystical Truth and the Supreme Knowledge. It is a mudra (mystical sign) of the body which can open the door to higher consciousness. It is seeking that

Essence anciently called by many names within different religions.

This intuitive sacred dance was founded by G.C. Stieber, known spiritually as Paramjyoti.

Within its context are offered dance presentations, as well as workshops, a two years practitioner training course, one-to-one spiritual dance encounters and further opportunities to share dance and spirituality.

Sacred Dance Concert

When: 1 July 2017

Where: In the Temple of Light at Ananda – next to the Academy

Cost: Open to the public. A donation of any amount will be highly appreciated. Free event for the people subscribing to the workshop.

FILM “Moving into the Infinite”



See the Film Project: [Moving into the Infinite](#)

When: Tuesday 4 July 2017 **Where:** At the Academy

[“Moving into the Infinite”](#) is a powerful film in the making. Paramjyoti has traveled the world sharing her gift of sacred dance. In this film you will feel the inspiration of her journey. The incredible cinematography transmits a feeling of transcendent beauty.

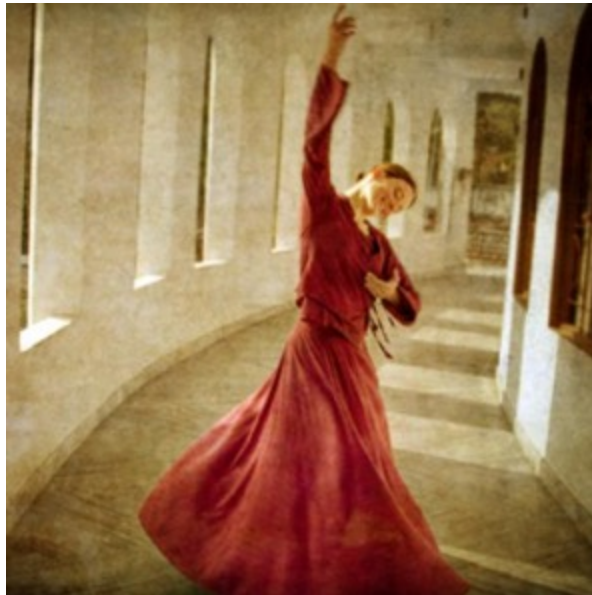
Paramjyoti will be present to share in person as well as through her film. She will also offer a short live dance. This is an evening not to be missed!

Dance of the HEART workshop

This is a rare chance to work with Paramjyoti, founder of “Devadasi Dance of the Heart” and featured in the film [“Moving into the Infinite”](#).

‘Dance of the Heart’ is a practice of physical prayer that awakens higher consciousness. Paramjyoti describes the work: “Through movement we enter the mystical realm. Playfully we warm up our bodies, moving on and across the floor. Doors in our awareness are flung open by expanding beyond habit and ordinary perception. We move first with, and then beyond, our identifications and our ‘story’.”

Paramjyoti is known as an exceptional dancer whose work is truly transformative. She is also a gentle and loving teacher who will bring forth the gifts of each of her students. The workshop will be accompanied by live music. NO talent or experience is required- this is a journey of the heart and soul.



When: 2- 7 July 2017

Where: Academy of Art, Creativity, and Consciousness

Schedule: Orientation Sunday night

Daily Classes Monday – Friday mornings

Film showing of [“Moving from the Infinite”](#) Tuesday night July 4

Community Dance open to everybody Thursday night July 6

*Course participants are invited to all events.

Cost for the workshop: €270

The Divine Romance

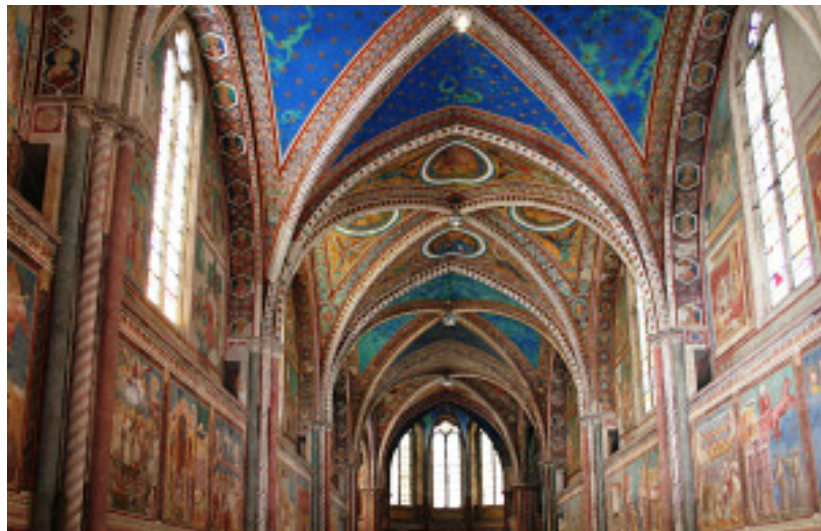
Awaken your devotion through art & creativity!



Experience Sacred Art and Holy Creativity

Paramhansa Yogananda called our relationship with God “A Divine Romance”. When we cultivate our sense of connection and intimacy with God, we find we can flow in a beautiful ‘dance’ with the Divine.

Light the fire of deep devotion through poetry, paint and pastels, sacred music and dance.



From whirling dervishes to the detailed painting of illuminated texts, the arts have been used throughout the centuries as tools to cultivate this tender and sweet inner communion. *Discover how sweet the life of spirit can be!*

Saturday night will be a very special celebration in the Temple of Light- “Guru Purnima”

When: July 7 – 9 2017

Cost: € 108

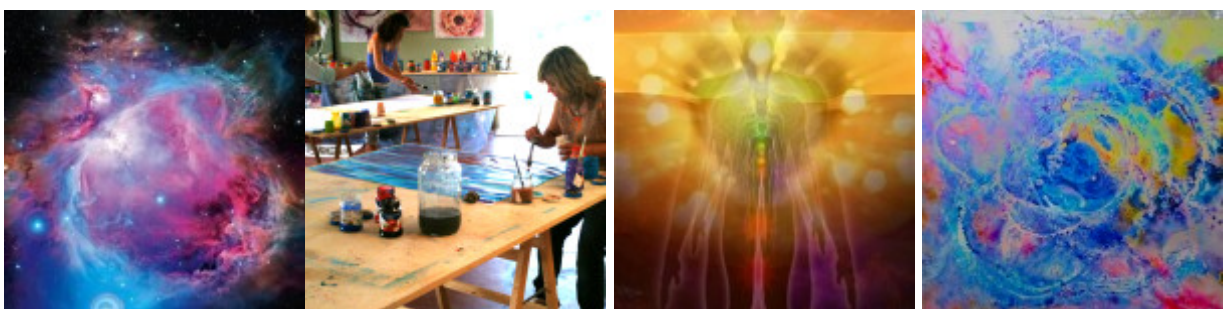
The Quantum Powers of Creation

Light, Vibration, Color & Sound + *the principles of Quantum Reality*



**Understand the Principles that created the universe and
USE THEM to create your world!**

Discover how the powers that created the universe – light, sound and color, can recreate your life. Learn how vibration created the universe, *and continues to create the world we experience*. Art and Science meet in this unique workshop that conjoins illuminating lectures with hands on creative work.



Everything has an underlying vibrational reality and we can work directly on this deeper level. When we master the basic principles that govern energy and matter, we can create health and harmony in our lives.

Morning lectures and afternoons in the art studio: Enjoy clear, articulate and profound presentations about the underlying principles of vibration, harmony and resonance – and then allow an experiential journey to transform your understanding of the universe!

LEARN HOW TO:

- Use light, sound and color to uplift your consciousness.
- Use sound (*mantra's, toning & chanting*) and images (*visualization & sacred yantras*) for healing
- Use principles of Quantum Reality to make Quantum Leaps in your life.
- Activate principles of Sacred Geometry in Nature; Golden Mean, Fibonacci Spirals, Fractals, etc.
- Create your own Life Mandala

Recalibrate to the Divine Blueprint of health and happiness through mastering the 'powers of creation'!

When: 9-14 July 2017

Where: Academy of Art, Creativity, and Consciousness

Cost: € 270 (material included)

Live Light through **Color**

with **Aanadi**

**Intensive workshop to learn
how to use watercolor glazes**



When you learn how to use watercolor in layers – or glazes – you also experiment:

- **using light through the color's transparency**
- **creating a wide range of colors by overlying the three primary colors**

The teacher:



Aanadi (Cristina Pacciarini) is an art teacher and artist; she also plays music as a hobby. Her creative activity is closely interweaved with a deep inner quest (centered on kriya yoga), which both inspire her to create shapes and colors that uplift the viewer's soul.

When: 14 – 16 July 2017

Where: Academy of Art, Creativity, and Consciousness

Cost: € 108 (material included)

Painting in Nature

A weekend of sweet communion with your own soul and the soul of nature. Joyful, spontaneous painting in the sun and fresh air.



This course will be taught by the graduate candidates in the Transformative Arts Certificate Program, overseen by Academy Director Dana Lynne Andersen.

When: 14 – 16 July, 2017

Where: Academy of Art, Creativity, and Consciousness

Cost: € 108 (includes all materials)

Spirit, Art and Nature ~ Painting Retreat

**Come to our magical forest studio and
discover the wisdom of Spirit & Nature!**

A Week of Creativity and Communion in NATURE. Blissful days of painting and learning to co-create with the Devas and Nature Spirits. Replenish your body, mind and spirit at the wellspring of silence and solitude. Discover yourself in the childlike joy of creative PLAY!



- Learn how to paint in our beautiful outdoor forest studio
- Learn how to create nature installation art
- Learn how to commune and co-create with the intelligence of Nature.

**Melt into a deep communion with nature and with the
presence of God.**

What is nature Art? Branches, stones, leaves and flowers become the medium- and your sculpture is a communication with the wisdom of Nature. All children are artists, and in the forest studio all of us are children in the Garden. ([See Andy Goldsworthy's artwork created in nature](#))

Unleash your creativity! No artistic ability is required- the 'flow painting' technique opens the channel for flowing creative expression.

"We should bathe our spirits in the deep, pure feeling that stirs within us when we gaze on the glories of His creation. This is the way to know God as beauty" Paramhansa Yogananda

Nature is a gateway to feeling the presence of God. When we are immersed in a creative flow we can feel God moving through us. And in the stillness of meditation we feel the many qualities of God- peace, love and joy. Spirit, Art and Nature combines these three powerful vehicles for experiencing God's presence. Relax deeply into the loving presence of Spirit and Nature.

“I now see that the Spirit, alone in a space with Its ever-new joy, has expressed Itself as the vast body of nature. I am the stars, I am the waves, I am the Life of all, I am the laughter within all hearts, I am the smile on the faces of the flowers and in each soul. I am the Wisdom and Power that sustain all creation.”

Paramhansa Yogananda

When: 16-21 July, 2017

Where: Academy of Arts, Creativity, and Consciousness

Cost: € 270 (materials included)



Teaching Creativity to Children

Every child KNOWS how to be creative



It's not hard to engage the exuberant joy of children in any art form. It is, however, easy to inhibit or even shut down the open channel of creative flow.

It is critical to understand how to enhance, not hinder, the natural flow of creativity in children. Once you understand how to cultivate the natural flow of innate creativity, you can bring forth the great treasures of your child's inner world.

This course is for parents and family as well as for teachers and educators.

You will learn a way of working with the arts that is very different from what most have experienced. You will discover how the arts are the key to optimum brain integration and can develop dormant forms of multiple intelligence and higher human capacities. You will also experience how the flow of spontaneous, original self-expression is the doorway to the Soul. Children who are fluent and fluid in the Arts experience inner resilience and expanded awareness.

"Education should awaken the instinctive joy of the human spirit and nourish the unique genius of each individual child. Self-expression through art is a continual invitation to the unique life spirit of every child" Dana Lynne Andersen

When: 21 – 23 July, 2017

Cost: € 108 (includes all materials)

Building Community through the Arts



Use the power of the Arts to build a unified and thriving community

The Creative Process is intrinsically healing – in individuals and in communities.

The Arts are a powerful way to bring people together, to help them connect from a place deeper than ideologies and outer identifications. Community art projects can build bridges across barriers and galvanize common vision. Creative expression can also help communities deal with the devastations of war, natural disasters and other tragedies.

When a community is thriving, it generates culture. As individuals, and as communities, we come alive when we move from consuming culture to CREATING CULTURE. This is what the arts do.



In this course, you will learn about the power of the arts for building community through hands on participation in a community arts event. Course includes daily presentation of content as well as actual work on a co-creative process.

WHEN: Sunday 30 July 8pm – Friday 4 August 1:30pm

COST: € 270 (includes course & art materials)

Evening of Enchantment

Join us for a Magical Evening of Inspiration
and Enchantment!



A highlight of the year for many, our annual Evening of Enchantment is a night of music, dance, theater, poetry & more - all interspersed with delicious courses of savory and sweet treats. Our annual gala is a unique experience not to be missed!

When: 5 August 2017

Cost: € 50* for the Evening Event

Includes 4 courses of delicious desserts and fabulous live entertainment – all within an atmosphere of astral enchantment...a unique experience not to be missed!

Contact: Dana Andersen, dana@awakeningarts.com

** This is a minimum suggested donation- all proceeds go to our non- profit art center.*

Joyful, Authentic, Original Self Expression

Express your authentic Self with freedom and JOY!

You are unique in all the world. You have a very particular expression that is yours alone. Come learn how to express your TRUE SELF- the real you that is your Soul Nature. In one short weekend, you will find yourself beaming with delight- childlike joy flowing from your heart.



Facilitated by graduate candidates in the Transformational Arts Certification Program, with guidance from Academy Director Dana Lynne Andersen MA.

When: 11 – 13 August 2017

Cost: € 108 includes materials

Walk the Labyrinth by Candlelight



Walk the Labyrinth by candlelight with live music. Enjoy an inward journey of prayer and contemplation in a magical atmosphere of beauty and reverence. The experience will be guided with music, poetry and inspirational readings.

The Labyrinth is made by the participants of the [Journey to the Center: Mandala and Labirinth](#) course.

When: 17 August 2017

Where: The Academy of Arts, Creativity, and Consciousness

Cost: Evening is open to the public by donation

Journey to the Center: Mandala and Labyrinth

Find your Center and return to the core of WHO YOU REALLY ARE



The Mandala and the Labyrinth are sacred containers of wholeness and holiness. In this deeply experiential week, we will use these ancient forms to guide us home.

Mandala is a Sanskrit word that means “*circle*” and “*wholeness*”. Working with the Mandala helps us to come to the deep center within us. Here we remember our true priorities and align with the highest purpose of our life journey.

The Labyrinth is an ancient tradition that uses an outer path to bring us to our own center. Whether made of stones on sand or inlaid marble in Chartres Cathedral, a Labyrinth is a circuitous winding path that leads to the center and back. The labyrinth is a walking meditation, a pathway of prayer and an archetypal blueprint of our soul’s long journey.



Each participant will be guided in a process of inwardly centering deep within themselves, while outwardly creating their own unique healing Mandala- a powerful visual tool for clarifying & focusing your life. We will also together create an actual Labyrinth, and experience its power on a magical evening with candlelight and live music.



The teacher: Satya (Sue Staziker)

Satya has been practising and teaching Yoga for over 30 years. She is a qualified Satvik Energy Therapist and a Transformative Arts Teacher. She has developed a very inspiring teaching style, which is soul-centered and loving, thanks to her experience as a yoga teacher and therapist.

When: August 13-18 2017

Cost: € 270 (includes materials)



Healing Journey Retreat

An Inner Journey of Self Discovery and Transformation



A skillfully and lovingly facilitated journey into the depths of your heart and the heights of your Soul. All the modalities of the arts ... painting, poetry, clay, collage, music, movement, dance & theater, etc., become tools of exploration, leading us to the deep, authentic center within our own Being.



The creative process is intrinsically healing, and as we follow the messages of Spirit we are led home.

In this unique course you will be guided in a process that is carefully crafted to fully open your creative channel and access a state of high vibration creative flow. What emerges is a spectacular miracle in the soul's long journey – an expansive opening into joy, light and freedom.

At the beginning of the week you are led in various processes ~ Energy Flow Painting, Spirit and Soul Collage, Moving Meditation and other 'sparkings' that initiate the Transformative Journey.

As the week progresses, each person is guided to follow their own inner thread- some work with clay, some with painting, others with collage, mask & costume making, etc. Each person will do *exactly what is right for him or her* and the Divine orchestrates the process brilliantly!

This Spiritual, Alchemical and Shamanic approach invokes the presence of the Divine to guide an inner process of healing and awakening.



Creative process opens a deep connection with your soul and spirit.

“This was so much more than I expected, I have truly been transformed” GH USA

“I found the treasures of my own soul. My life will never be the same” TLD Italy

“What a profound experience of inner awakening! I feel truly alive for the first time in years” LH Austria

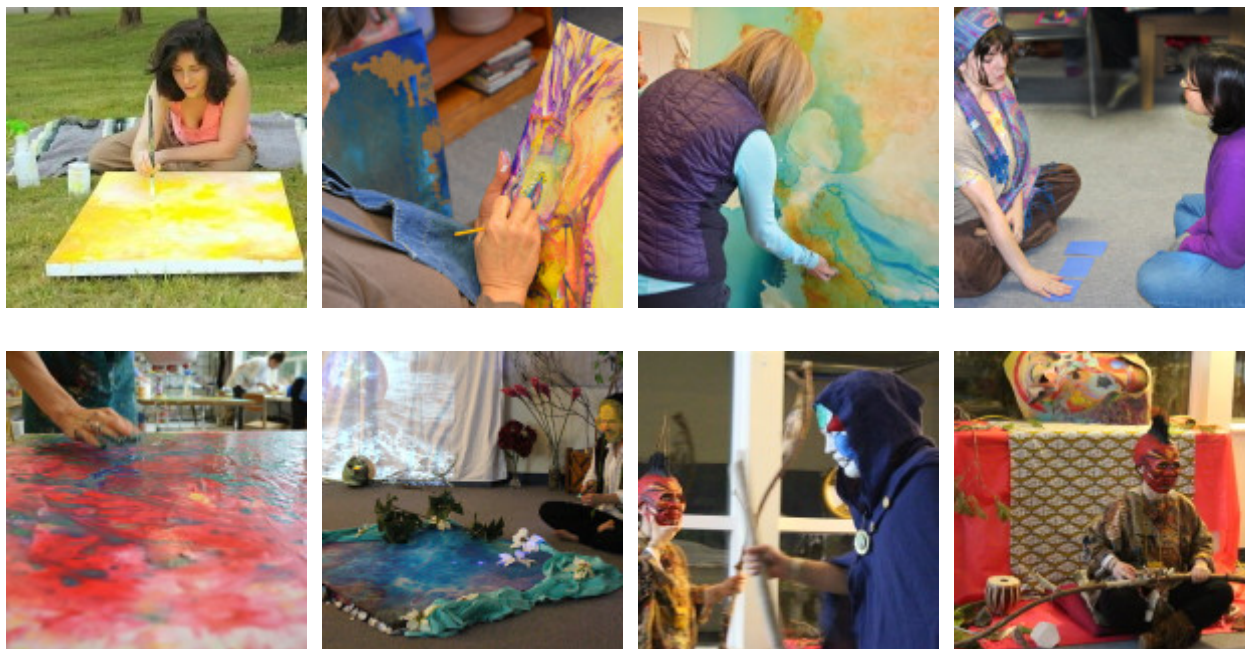
“Dana is a world class teacher whose work belongs on the global stage.” SMG USA

“Dana is a gifted midwife of creativity. If you are ready to be born again- with aliveness, with passion, with authenticity...then it is time for you to come to her course.” AJ France



Creative embodiment opens the channel to the vitality and wisdom of the soul, and this catalyzes profound positive change in all areas of our lives.

The week includes instruction, close personal guidance and skillfully guided creative process work within an intimate group. Morning and afternoon class sessions plus open studio time, sharing circles and special evening activities.



All basic materials will be provided including drawing & paint paper, canvas, chalk & oil pastels, tempera and acrylic paint, brushes, painting tools, water bottles & jars, glue, glitter & glitzy accoutrements, collage magazines and papers (tissue paper, vellum, colored construction paper, etc.), scissors, glue, yarn, clay and clay tools, plaster, 3D sculptural materials, sewing machine and other construction tools. Students may also bring additional supplies and to share (beads, feathers, shells and other special objects) or purchase additional supplies (such as canvas and specialty paints)

This intensive course is designed for students who have taken several courses in the Transformative Arts Method. It requires permission from program director Dana Lynne Andersen.

image credit "Space of Love" by Joyce Huntington Stanek

When: 18 – 25 August 2017

Cost: \$800 Tuition includes all art materials

Early Bird before June 1 \$597