

National Vision Board
1-Day Workshop Jan 11th 2025
Saturday January 11th
9:30-3:30
Instructor-[Laura Lein-Svencner](#)

Vision Boards can be created at any time of the year. A Vision Board has a way of guiding and providing insight while helping you pull focus on your life. We already have the wisdom and knowledge inside each of us. Cutting magazine images from our favorite magazines allows us the connection to our souls longing. We will glue the images on a large board, the process of selected the images is personal, powerful, and contemplative. This one-day workshop will involve a variety of tools to ignite creative Inspiration. Open discussion in areas of transformation, adventure, interests, and our intention for the New Year. The Vision Board workshop will be set in a sacred manner to connect in a spiritual way with soft music and gentle smells awakening our innermost side of us that has been closed off this past year.

Materials Students need to bring to the workshop:
(makes it personal to the students)

- ⦿ Students are to purchase 3 or 4 magazines that are of personal interest and subject matter. Think about areas that you might want to grow into or have not explored before.
- ⦿ A printed color photo of your face which will be used to start us off on your vision board.
 - (Size not larger than 3")
- ⦿ Bring a brown bag lunch, and something to drink.
- ⦿ Wear comfortable cloths, an apron
- ⦿ Think about a word and an animal for the year to help guide and direct you through this coming year. You might want to print some images of them for your vision board.
- ⦿ And any other images you would like to add have them printed out.
- ⦿ The question to ask yourself is Who am I? Why am I here? Where am I going?

Students will be provided: Glue sticks, Scissors, Poster board (size need 18 x 24 per student), misc. magazines.