

**SHAKTI ART Energy Soul Spirit Journal Workshop**

**Medium:** Mixed Media, Recycled Art, Assemblage

**Instructor:** Shelley Novotny, Shakti Artist, Designer, Intuitive Stylist

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**Brief Instructor Biography:** Shelley Novotny, an artist passionate about sustainable art, guides you with a unique perspective. Her dedication to sustainability and creativity empowers participants to embrace eco-friendly practices.

**Where:** Nicolet College, Northwoods Center 208-209

**Date:** Wednesday, May 22nd, 2024

**Time:** 4-7 pm

**Cost:** [See Nicolet College to Register](#)

**Materials:** All the necessary materials will be provided, ensuring that your artistic journey is seamless and enjoyable.

**Skill Level:** This course is open to individuals of all backgrounds, whether you're a seasoned artist/enthusiast or a beginner looking to embark on a soulful journey of self-discovery.

**Minimum/Maximum Students:** Ideally 5 to 12 students.

**Minimum Age Requirement:** Teen to Adult

**Details:** Join me on a creative journey where we explore the world of journaling as a means of nurturing your energy, connecting with your soul, and awakening your spirit. Let your inner energy, soul, and spirit shine through the pages of your unique journals.

In this workshop, you'll learn how to transform ordinary journal pages into vibrant expressions of your inner self using recycled materials. Embrace your artistic expression. Decorate journal pages with a colorful array of embellishments, paints, and papers. Abundant supplies will be provided, allowing you to craft numerous unique journal pages, each filled with its own accents, colors, and textures.

Take home a collection of valuable resources to inspire your continued journaling practice, including:

- Journal prompts spark creativity.
- Thought-provoking reflection prompts self-discovery.
- Gratitude exercises and prompts for cultivating positivity.
- Harnessing mantras for personal transformation.
- A manifest exercise known as "being the vision" to empower your goals.
- Introduction to dream journaling to explore the realm of dreams.
- Turning your journal entries into mantras

Immerse yourself in the world of journaling and discover how it can be a transformative tool for personal growth, self-expression, and creative exploration.

### **What Students Will Learn:**

1. **Master Collage Techniques:** Students will acquire a solid foundation in collage art techniques, including layering, composition, and balance. They will gain the skills needed to create visually appealing and harmonious mixed media artworks.
2. **Express Themselves Artistically:** Participants will develop the ability to express their artistic vision and personal creativity through collage. They will learn how to translate their thoughts, emotions, and ideas into tangible art pieces.
3. **Utilize Mixed Media:** Students will be proficient in using a variety of materials, including recycled book covers, vintage photos, exquisite papers, handwritten poetry, words, and inspiring quotes, to create unique and textured collages. They will learn how to combine different elements effectively.
4. **Customize Artwork:** The class will empower students to tailor their creations to their unique style and preferences. Whether they prefer vintage, modern, classic, neutral, or vibrant color palettes, they will have the skills to design collages that resonate with their personal aesthetics.
5. **Enhance Collages with Hand-Stitched Details:** For those interested in adding an extra layer of intricacy to their artwork, students will learn how to incorporate hand-stitched details into their collages, elevating the complexity and depth of their pieces.
6. **Finish and Display Artworks:** After completing their collages, students will be equipped with the knowledge and options to finish and display their artwork. They can choose to mount their creations on the open back of a frame for a charming display, or prepare them for hanging with a ribbon or hook, turning their artwork into a visually appealing piece of art ready for exhibition or decoration.
7. **Experience Delicate and Calming Artistry:** Through the thoughtfully designed workshop experience, students will discover the joy of artistic expression in a delicate and calming environment. They will learn how to use art as a form of relaxation and self-expression.
8. **Create Unique and Meaningful Art:** Above all, students will leave the class with the ability to create one-of-a-kind, meaningful art pieces that reflect their personal style, emotions, and creativity. They will have the confidence to continue exploring and expressing themselves through the medium of intuitive collage art.
9. **In summary,** this class equips students with both the practical techniques and the creative mindset to use journaling as a powerful tool for self-expression, personal growth, and exploration.