

CLAUDIA ANN RAPHAEL

DIRECTOR & TEACHER of **Create·A·Story**

**Expressive Artist, Art Therapist, REAT
MA Transpersonal Studies
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In developing Create·A·Story I have come to understand and appreciate how important our bodies are in all we do and become. In a very big way, they hold our stories. I feel our life's blueprint is recorded in every cell, as well as every memory, joyful and painful. To actualize our potentials in the most creative way possible, I believe bodywork and art making can be a great source of support, healing and renewal. We must be fully present in our bodies to actualize our goals and reach our visions. But to reach our visions, we must know our stories. As parents, educators and artists, I know this to be essential. I encourage all of us to take the time to receive and participate in this work regularly. The trinity of the mind, body and spirit plays a very essential role in becoming conscious, creative and whole.

I invite you to join me in this ancient practice of art making and in creating this trinity of mind, body and spirit. In this sacred space, we will come together to learn our stories, grow in awareness and actualize our potentials. Today this is very important for ourselves, and our children. It is a very responsible and practical step in creating and supporting a peaceful and united world vision. In doing this, we will find our roots, grow our wings and learn to touch the sky.

Artful Imaginings,



CLAUDIA A. RAPHAEL

BODYWORK SESSIONS

ARTFUL MESSAGE & POLARITY SESSION

Age: Adult
One-hour session

During this session, the client and therapist will work with image and symbol, integrating the client's mythos with deeper understanding, using the Polarity Techniques taught by Dr. Stone, as well as various Swedish massage techniques. This session will increase the client's sense of renewal and well-being. A wonderful opportunity to relax, slow down and hear one's story.

ARTFUL BODYWORK FOR THE YOUNG WEAVER

Age: 7yrs - 18yrs
Half-hour sessions

The Client and therapist work as a team using animal mythology and story, creating a relaxing session, using both Polarity and Swedish Techniques. This session will help support and integrate the child's daily life experience in a deep way.

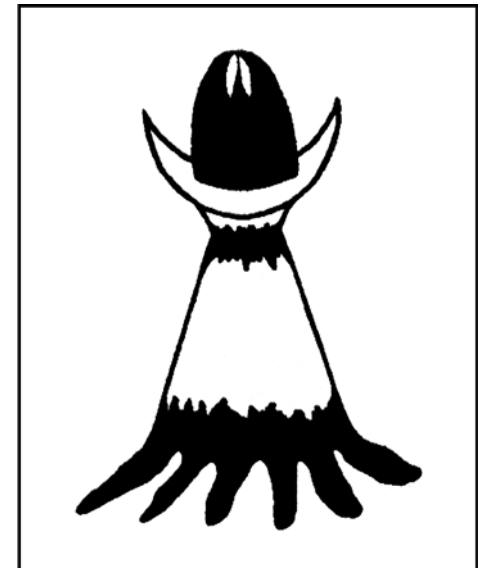
ARTFUL INFANT MASSAGE

Age: Infant - 6yrs
Two one-hour sessions

The parent will be taught basic infant and child massage techniques in two private sessions. Ms. Raphael will also help focus attention on developing the ability to be "present", a very important and necessary skill in becoming a more conscious parent in today's world.

Create·A·Story

AN IMAGINAL STUDIO & GALLERY



PEACE ON EARTH

For further information please call:

(505) 989-5028

www.createastorystudio.com

ART ... AS A WAY OF KNOWING THE SELF...

Create·A·Story is a healing arts studio that honors the language of the soul and imagination, and the deep ancient practice of art making. Art making in all its forms is a way of making creative energy visible. It is a way of getting to know yourself and the Divine at any point in time, as well as the specific subject matter one is studying. In exploring our stories, images and symbols, we create a space to reflect, to heal, to become empowered, and to be one with the Creative Force. This lost art is very ancient, and one I feel could be helpful in light of today's world. It is a pathway to the self, to finding our personal story, and to helping us actualize our potentials. It is a way of remembering.



In "ARTFUL" story, we find our roots and grow our wings.

The language of the inner world or inner reality is quite different from the language of the outer world. This deep part of the self speaks in myth, metaphor, image and symbol. This type of language brings messages to us

from the deepest part of ourselves. In honoring them in art, we honor ourselves. The work of creating Sacred Art is very transformational and healing. Through this process, we come to know ourselves in a new way. This work nurtures our imaginations, building our confidence in hearing and embracing our own innate wisdom. This process helps us contact our own inner "Wise Guide". This can be very helpful during times of change and transition. Often during our journey through life, we find we must stop and take another look, or a new look at ourselves. Change requires this of us, and art making offers a very important source of inspiration and renewal during these times, both for ourselves and our children.

ART SESSIONS

Each of the following classes is designed for the individual child, adult or family. They are taught in the Studio, and class times will be arranged by appointment. If a class must be rescheduled, 24-hour notice is required.

THE YOUNG STORY WEAVERS

Age: 4yrs - 6yrs
Four one-hour sessions

The first seven years of life are rich in imagination and myth. Animals play an especially important role in the lives of young children. This class is designed for each individual child, taking their unique interests into consideration. We will work one on one, exploring sand play, animal mythology, image making and art journaling.

THE MYTHIC WEAVERS

Age: 7yrs - 18yrs
Six one-hour sessions

In this class, the student is given an opportunity to explore the beginnings of their own story or mythos. Ms. Raphael will guide them in creating a story, and the images that unfold will be explored through the art making process. At the end of the session, the student will have two original pieces of artwork honoring their mythos.

THE MYTHIC JOURNEY

Age: Adult
Six one-hour sessions

This class will be designed to meet the needs of the individual student. Image making, story maps and other art making techniques will be made available, as well as the choice of the MYTHIC EXPERIENCE.

ROOTS

A Family Session

An Expressive Art Experience for parents and children designed to help support and nurture the natural soul of the family.

For all the classes above, the last session will include the ritual of "witnessing." Parents will be invited for the children, and for adults, it is recommended to have family, one close friend or significant other come for the witnessing process. In Sacred Art, sharing our work is most important. It will not only enhance the healing process for the student, but this work has the capacity to carry healing energy to all who view it. As noted by many visionaries, it is the way artists and their work can heal the world.