

REFLECT

Mid-Year Sensemaking Studio An Overview

a **4-month** online studio practice (via Zoom)

a small group of max. **6 Sense Makers**

4 x online studio sessions

3 x email prompts in-between sessions

2 e-guides and additional resources

Fee:
\$295

Payment plan of 2x\$147.50 is possible

Center Back

entre dos
entro de la espalda
ackw Mitte
entro Dietro

Grain

Droit fil
Hilo de la tela
Fadenlauf
Dritto Filo

16

Back Band A, B (Skirt)
Bande dos
Banda de la espalda
Ruckw Blende
Bordo sul Dietro


160

Cut 2


Guide




Our 2024 Mid-Year Schedule




Session 1 – first gathering: 24 June 2024, 6-8pm AEST




Session 2: 22 July 2024, 6-7.30pm AEST




Session 3: 19 August 2024, 6-7.30pm AEST



Session 4 – closing reflection: 30 September 2024, 6-8pm AEST



The start time for other locations is: 9am BST/ 10am CEST



Plus **email prompts** with reflective
& creative invitations in-between
the live sessions.



searching for stardust

JOY

16

Back Band A, I

Bande dos
Banda de la espalda
Ruckw Blende
Bordo sul Dietro

EVERY DAY, 100 TONNES OF...
TO EARTH. JAZZ What can I expect from...

Arts-based & creative processes

Each session and invitation can be tailored to what you have or what you love working with. If you wish, the studio sessions can be a place to experiment with new creative processes and get inspired by others.

Your creative experiments can range from writing to taking photos with your phone, art journaling to collecting natural objects, collage to poetry. And more... and a mix of everything.

No experience with artmaking, specific materials or techniques is required.



What a regular reflective practice gives you

An opportunity to **notice** the small details as well as the broader landscape of your life.

A way to gain **clarity** and spot **patterns** over time.

A place to make **progress** visible, whether it's slow and steady or comes in bursts.

A reminder of what you have **accomplished**.

With these insights, you can **create the conditions** for meaning, success, change, joy, rest, connection... whatever it is you seek more of.

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Back Band A, B (Skirt)

Bande dos
Banda de la espalda
Ruckw Blende
Bordo sul-Dietro

(Jupe)
(Falda)
(Rock)
(Gonna)

Cut 2
Couper 2
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2 x zuschn
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15
S
I

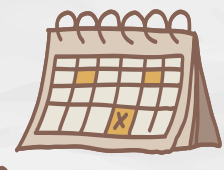
JOY searching TIME

Any questions -
please ask them!

email me:
conny@sensemakingspace.com

book a free Zoom
call to chat more

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