



Jamie Ridler Studios
WHERE CREATIVITY COMES TO LIFE

Welcome to the Academy



Spring & Summer 2017

Message from Jamie

When I started working on the spring/summer season in the studio, snow was filling the tender new leaves of the tulips in my garden. I worried for those tulips but they made it through the cold and are now gracing our backyard with their elegant white blooms.

We creatives are familiar with that process! We brave putting our tender hearts out into the world only to sometimes be met by a frosty look or a cold critique. It can be withering!

In gardening, there's a term called "hardening off," a gradual acclimatization of tender new seedlings as they move from a carefully controlled nurturing environment to the unpredictable conditions of the outside world. Little by little, seedlings are exposed to the cool, the rain, the sun and the wind; and little by little, they grow stronger.

These plants continue to be a great metaphor for ourselves as creatives. We need a safe and supportive place to express our tender hearts and brave the first steps of creative work. Then, gently and deliberately, step by step, we take our selves and our work out into the world, building our strength along the way.

This season may you find plenty in the studio that supports you on your creative journey, whether you and your work are at the tender seedling stage or ready to brave the elements and bloom.

I hope you'll find this season's inspired offerings are just right for you.

With love,
Jamie

Academy Offerings

Types of Courses

- **Self-Study:** As the name implies, a self-study course means you proceed at your own pace, in your own way. Though there is no live component, you do have access to your teacher.
- **Workshop:** A workshop is a one-off experience, usually 3-hours in length and delivered live with a recording made available afterwards. You will be able to sign up until the end of term for any workshop. If the live date has passed, you will use the recording.
- **Club:** A club is a weekly get-together that is led by an instructor and devoted to a particular creative topic. In a club, your time is generally spent actually doing the activity.
- **Course:** A course is a series of classes that take place over time. The main focus of a course is active learning.
- **Circle:** A circle is a group learning experience that involves strong interaction between the participants as well as from the leader.
- **Coaching:** Is one-on-one support booked in weekly 30- minute calls with Jamie.

Some things to know about classes at The Academy

- If you are a Studio Member, you get a 10% discount on all classes this season. You will find your discount code in your weekly Creative Living newsletter. [Join the Studio now.](#)
- All prices are in USD
- As a student at the Academy, you can become an Academy member, giving you access to a locker for your classes (no more looking for links and passwords!) and discover inspiring bonus content.

Courses Available

Spring/Summer of 2017

This season there are three streams of study: Art & Soul, Creative Core and Daring to Dream. Classes can be taken individually but each stream also offers a bundle so you can immerse yourself in a subject area. Remember, if you are a member of the studio, you save an additional 10% on all classes and bundles.

Art & Soul

This series of courses will help you discover the signature energy of your creative spirit. Explore your truth through journaling, symbols and/or altar-making and bring to light what is personally and creatively meaningful to you.



Journal Club

A 10-week Journaling Club designed to give you a bit of structure and a lot of encouragement for developing and deepening your journaling practice.

Dates: Fridays 1:00-2:00 pm EST (plus recordings) starting May 26 and continuing to July 28

Type: 10-week club

Registration: Regular Price \$120/Studio Price \$108

[Register Now](#)



7 Soul Symbols

This 8-week course will take you on an exploration of 7 symbolic realms - words, numbers, shapes, colours, objects, nature and animals – so that you can discover personally meaningful symbols to use in your art, whatever your medium.

Dates: May 20 to July 8

Type: 8-week course with 8 video lessons

Registration: Regular Price: \$105/Studio Price \$94.50

Note: A version of this class was previously available as a part of 21 Secrets.

[Register Now](#)



The Art of the Altar

In this 3-week 6-lesson course you will create an altar rich with personal meaning and attuned to the four directions – north, south, west and east – and all their symbolic meaning.

Dates: July 12 – July 29

Type: 3-week course with 6 video lessons

Registration: Regular Price: \$75/Studio Price \$67.50

[Register Now](#)



BUNDLE! Art & Soul 7 Soul Symbols & Art of the Altar

Regular Price would be: \$180

Bundle Price \$167/Studio Bundle Price \$150.30

[Register Now](#)

Studio Core

Previously offered as live seminars, the recordings of these three core studio offerings are now available as on-demand classes that you can access at your convenience.



Creative Practice

Through practice, we attune to our creative energy and develop our strength and skills. Practice not only enriches our daily creative life, it also tends the soil for our dreams and desires.

Date: On-Demand

Type: self-study

Registration: Regular Price \$24/ Studio Price \$21.60

[Register Now](#)



Creative Projects

We make magic when we create a projects, transforming our ideas into creative expression and building our body of work. This seminar will help you navigate the journey from inspiration to creation with skill and delight.

Date: On-Demand

Type: self-study

Registration: Regular Price \$24/ Studio Price \$21.60

[Register Now](#)



Creative Performance

In performance, we shine our light, bravely creating connection between ourselves, our work and the world. Don't be intimidated by the call to perform. In this class, you'll discover why it's easier than you think!

Date: On-Demand

Type: self-study

Registration: Regular Price \$24/Studio Price: \$21.60

[Register Now](#)



BUNDLE! Your Creative Core

Regular Price would be: \$72

Bundle Price \$65/Studio Bundle Price \$58.50

[Register Now](#)

Year of Dreams - Full Moon Dreamboards

A core practice here at the studio is creating dreamboards under the full moon. A dreamboard is an intuitive and creative expression of your deepest heart, revealing not only what you know to be true but also allowing you to discover more about yourself and your dreams. The optimal time to create your full moon dreamboard is within the 3-day power window of the full moon. The next best time is whenever you can.



Full Flower Moon Dreamboard Workshop

This Moon Asks: Who are you when you're in full bloom?

Full Moon: May 10

Type: self-study

Registration: Regular Price \$40/Studio Price \$36.00

[Register Now](#)



Full Strawberry Moon Dreamboard Workshop

This Moon Asks: What delights do you dream of?

Full Moon: June 9

Type: self-study

Registration: Regular Price \$40/Studio Price \$36.00

[Register Now](#)



Full Buck Moon Dreamboard Workshop

This Moon Asks: What are your most powerful dreams?

Full Moon: July 9

Type: self-study

Registration: Regular Price \$40/Studio Price \$36.00

[Register Now](#)



Full Sturgeon Moon Dreamboard workshop

This Moon Asks: What does your intuition say about your dreams?

Full Moon: August 7

Type: self-study

Registration: Regular Price \$40/Studio Price \$36.00

[Register Now](#)



BUNDLE! Summer of Dreams: All 4 Workshops

Regular Price would be: \$160

Regular Bundle Price \$140/Studio Bundle Price \$126.00

[Register Now](#)

Coaching Spring/Summer 2017

Sometimes, especially when your dreams are big or intimidating or new, it helps to have more direct support. That's the time when coaching can be just what you need to bring what you imagine to life!



A Season with Jamie

As a creative living coach, I specialize in helping creatives align their life with their spirit. I take a powerful, intuitive and loving approach, encouraging people to embrace themselves and their dreams with courage and a sense of adventure.

Dates: May-June-July

Type: one-on-one coaching

Price: \$1075 (Note there is no studio discount for coaching)

[Book Now](#)

Closing One Season & Opening to Another

As a part of the seasonal structure in The Academy, I will leave you with a series of journal prompts to help you celebrate the season that was and dream into being the season that will be.

I hope that I will see you in The Academy this spring/summer!

A handwritten signature in a cursive script, appearing to read "Jamie". The signature is written in a dark grey or black ink on a white background.

Celebrating the Winter of 2017

1. What were the major events of the season?
2. What was the mood or tone of this season?
3. Where did your interests lie this season?
4. What do you want to acknowledge yourself for this season?
5. **How would you describe the “you” that you have been this season?**
6. Who did you hang out with this season?
7. What did you learn (or re-learn) this season?
8. What contributed to your well-being this season?
9. What did you create this season?
10. If you were to describe this season in one sentence or one image what would it be?
11. Generally, what do you enjoy about this season (i.e. the winter)?
12. What did you enjoy about this particular season (i.e. winter of 2017)?
13. What do you want to make note of for the next time this season rolls around?
14. What do you want to remember as you step into next season?
15. What do you want to celebrate?



Creating the Spring & Summer of 2017

1. What are you dreaming of this season?
2. What are you longing for?
3. What priorities & pursuits will you focus on this season (e.g. home, work, health, creativity)?
4. What do you want to create/accomplish this season?
5. What do you want to do/experience this season?
6. How do you want to feel this season?
7. Who do you want to be this season?
8. What energy do you want to bring to this season (e.g. playful, serene, focused)?
9. Who do you want to spend time with this season?
10. How do you want to grow this season?
11. What mantra, affirmation or words of wisdom will be your guide for this season?
12. What blessings would you like from the Universe this season?
13. How will you fill your well this season?
14. **How will you immerse yourself in this season's pleasures?**
15. **Truth be told... more than anything else, what do you want this season?**

