

Jamie Ridler Studios
WHERE CREATIVITY COMES TO LIFE

Welcome to the Academy



Fall 2017

Message from Jamie

Ah, the fall.

Isn't it amazing how it brings us right back to those feelings of a new year at school? Time for some new supplies, maybe a new outfit. Time for a fresh start.

What do you want to learn this season?

What new beginning is just waiting for you to say yes?

One of the things I love about studio living is that with each project we get a chance to begin again. We take everything we've learned up until that point, every bit of wisdom, everything that we know and everything that we've become, and we pour it in.

With this action, we become magic makers, bringing to life something that was not there before, something that we could not have created in any moment but this one.

In our creations, we see the artist that we are in the present. We see what interests us and what we aspire to. We notice what comes easily and where we struggle. We recognize where we have progressed and where we have learning to do. And through all of this we grow.

This is the alchemy of creation.

What we create, creates us.

So with each creative journey you embark on, you set the tone for your becoming. With each creative act, you have the opportunity to make magic and to transform.

May this season's offerings help you unfurl in the direction of your dreams.

With love,

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

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.

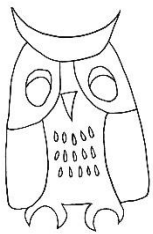
Some things to know about classes at The Academy

- 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 Fall of 2017

Journaling

In all my years as a creative living coach and in the hundreds of interviews I've done as the host of the Creative Living with Jamie, the one practice that creatives tell me they return to again and again and again is journaling. This simple practice of putting pen to page allows us to discover our truth, express our self and hear our own voice. This simple practice can transform everything.



Journal Club

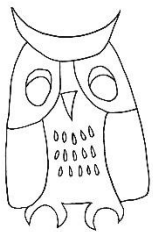
A 10-week Journaling Club designed to give you a bit of structure and a lot of encouragement for developing and deepening your journaling practice.

Dates: Fridays 1:00-2:00 pm EST (plus recordings) starting September 22 and continuing to December 1. (No Meeting September 29)

Type: 10-week club

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

[Register Now](#)



Journal Sampler

A self-study course that will introduce you to 6 different styles of journaling: morning pages, glue journaling, Fauxbonichi, grid planning, Lynda Barry's Daily Diary and Collage 365.

Type: self-study course

Registration: Regular Price: \$90/Studio Price \$81

[Register Now](#)



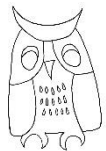
BUNDLE! Journal Discovery: Journal Club & Journal Sampler

Regular Price \$210/Regular Bundle \$195/Studio Bundle Price \$189

[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 Corn Moon Dreamboard Workshop

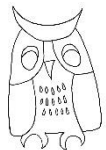
This Moon Asks: What dreams do you wish to bring to fruition?

Full Moon: September 6

Type: self-study

Registration: Regular Price \$40/Studio Price \$36

[Register Now](#)



Full Hunter's Moon Dreamboard Workshop

This Moon Asks: What dreams are your sights set on?

Full Moon: October 5

Type: self-study

Registration: Regular Price \$40/Studio Price \$36

[Register Now](#)



Full Frost Moon Dreamboard Workshop

This Moon Asks: What dreams are becoming clear?

Full Moon: November 4

Type: self-study

Registration: Regular Price \$40/Studio Price \$36

[Register Now](#)



Full Cold Moon Dreamboard Workshop

This Moon Asks: What comforts do you dream of?

Full Moon: December 3

Type: self-study

Registration: Regular Price \$40/Studio Price \$36

[Register Now](#)



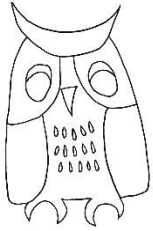
BUNDLE! Fall of Dreams: All 4 Workshops

Regular Price \$160/Regular Bundle \$140/Studio Bundle Price \$126

[Register Now](#)

Making Things Happen

If an important part of your creative life is building a body of work, here are two of my favourite processes for getting and staying on track – especially as we cast forward into a new year.



Planning Day

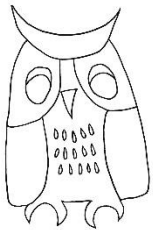
It's time to stop planning to make a plan and actually make one! Take the time now so you can spend next year living the life you want to live! In this live workshop, I will guide you through a process of developing a meaningful and flexible plan for your new year.

Date: November 30, 1:00-4:00 EST

Type: Workshop (live plus recording)

Registration: Regular Price \$67/ Studio Price \$60.30

[Register Now](#)



Vision Cards

In this newly updated self-paced on-demand workshop, we will use the creative tools of journaling and collage to create inspiring vision cards that will light your way into an extraordinary New Year!

Date: On-Demand

Type: self-study

Registration: Regular Price \$30/Studio Price: \$27

[Register Now](#)



BUNDLE! Making Things Happen: Planning Day & Vision Cards

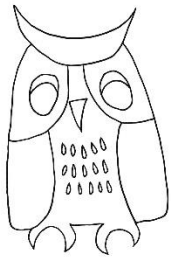
Regular Price \$97/Bundle Price \$90/Studio Bundle Price \$81

[Register Now](#)

Coaching Fall 2017

Note: there is no studio pricing for coaching

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: September-December

Type: one-on-one coaching

Price: \$1200

[Apply Now](#)

NEW! Yearbook – Winter Season

At the end of last year, I woke up in the wee hours alive with inspiration. I put coffee on, sat at my kitchen table and poured the over-flowing inspiration onto pages and pages (and pages) of loose paper. It was raw and messy and wildly alive and I knew this was what I wanted to create: a yearbook. Part journal, part memory keeper and part creative guide, this yearbook pulls together many of the practices that have been the lifeblood of Jamie Ridler Studios for years into a seasonal fill-in-the-blank book, including dreamboards, focus areas and celebrations

Coming in November!

Closing One Season & Opening to Another

As a part of this new seasonal structure in The Academy, here are some 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 fall!

Jamie

Celebrating the Summer 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 (eg. summer, winter, fall, spring)?
12. What did you enjoy about this particular season?
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 Fall 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?**