



Jamie Ridler Studios
WHERE CREATIVITY COMES TO LIFE

Welcome to the Academy



Winter 2018

Message from Jamie

When the Full Cold Moon arrives in December, I know it's time to start thinking about those winter joys and comforts that are close to my heart: candles, books and cozy throws, pouring hot coffee on cold mornings with my slippers on, extra cuddles from the kittens because they're cold too. Maybe this is the year they'll become lap cats!

Winter is a time that reminds me of the gifts of home.

We often get disgruntled when the dark stays longer and the temperature heads down low. It's hard on our mood, our energy and our hearts.

But maybe we can find ways to take advantage of this turning of time.

Maybe we can find some cozy nooks for our creative hearts.

Let's...

Turn snow days into art days.

Write by candlelight before the sun awakens.

String twinkie lights everywhere.

Put headphones on and listen to music in the dark.

Invite friends over for food and laughter around the kitchen table

Share our light.

Let's make the most of every moment this season and every season.

This winter may there be plenty on offer, in your life and in the Academy, to bless your creative heart.

We're in it together, my friend.

With love,

A handwritten signature in cursive script, appearing to read "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.

Offerings Available Winter of 2018

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 January 19 to April 6
(Note: two Fridays off)

Type: 10-week club

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

[Register Now](#)



Junk Journal Journey

This self-study course will take you through the process of creating and using your own themed junk journal made from materials such as old calendar pages and secondhand books.

Type: self-study, 5 video lessons

Registration: Regular Price: \$65/Studio Price \$58.50

[Register Now](#)



BUNDLE! Journaling Joy: Journal Club & Junk Journal Journey

Regular Bundle Price \$165/Studio Bundle Price \$150.00

[Register Now](#)

Create Your Shiny New Year

Here are 3 of my best tools for creating a life of alignment & authenticity. They are practical, powerful and infinitely reusable. I hope they guide you well.



Planning Day

Start your year by making a plan that will guide you to what you truly want for this year. In this recording of December's live workshop, I guide you through a process of developing a meaningful and flexible plan for a shiny new year.

Date: On-Demand

Type: self-study

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

[Register Now](#)



Grid Planning

Originally a part of the Journal Sampler class, this class introduces Grid Planning, an organization practice that helps you make sure that the things that make it to your to-do list are the things that are aligned with your heart.

Date: On-Demand

Type: self-study

Registration: Regular Price \$22/ Studio Price \$20.00

[Register Now](#)



Vision Cards

In this self-paced on-demand workshop, we will use the creative tools of journaling and collage to create three 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! Your Shiny New Year: Planning Day, Grid Journaling & Vision Cards

Regular Bundle Price \$100/Studio Bundle Price \$90

[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 Wolf Moon Dreamboard Workshop

This Moon Asks: What are you hungry for?

Full Moon: January 1

Type: self-study

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

[Register Now](#)

Note: No full moon falls in February this year. Instead, we have a Full Blue Moon at the end of January. Since we are still in the deeps of winter, you could choose to do the Full Snow Moon workshop at that time.



Full Snow Moon Dreamboard Workshop

This Moon Asks: What are your deepest dreams?

Full Moon: No full moon this February

Type: self-study

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

[Register Now](#)



Full Worm Moon Dreamboard Workshop

This Moon Asks: What dreams are ready to emerge?

Full Moon: March 1

Type: self-study

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

[Register Now](#)



Full Pink Moon Dreamboard Workshop

This Moon Asks: What dreams is it time to tend?

Full Moon: April 29

Type: self-study

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

[Register Now](#)



BUNDLE! Winter of Dreams: All 4 Workshops

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

[Register Now](#)

Coaching Winter 2018

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: January-March

Type: one-on-one coaching

Price: \$1200*

[Book Now](#)

**Note: there is no studio pricing for coaching*

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 winter!

Celebrating the Fall 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. fall)?
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 Winter of 2018

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?

