



Jamie Ridler Studios
WHERE CREATIVITY COMES TO LIFE

Welcome to the Academy



Spring/Summer 2018

Message from Jamie

It seems that winter has been long and hard for many of us.

On years like this, it is particularly glorious to throw off our heaviness, open up our windows and feel the freedom and promise of spring, knowing too that summer's blessings will soon follow.

Now it is time to emerge from cozy rooms and deep reflection.

Now is the time to shed our winter clothes, our preconceptions and whatever holds us down.

Now is the time to wash away old, tired and spent energy.

Now is the time for fresh starts and freedom, for open spaces and open hearts.

Now is the time to brave the return, to find our outside voice and reconnect to the world and one another.

Having used up our stores throughout winter, now is the time to replenish and renew.

With that in mind, I hope you will find resources in the Academy that will fill your well, that will invite you into activity, creation and community, that will inspire you to create this next season of your life with courage, confidence and creativity.

I wish for you a season that nourishes you deeply, that stretches you elegantly and that leaves you breathless with joy.

What do you wish for yourself this season?

With love,

A handwritten signature in cursive script, appearing to read "Jamie". The signature is written in a dark ink and is positioned at the end of the letter.

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.

Spring/Summer Offerings

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 gathering 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 25 – July 27

Type: 10-week club

Registration: Regular Price \$125/Studio Price \$112.50

[Register Now](#) (3-pay option now available. Check out registration page for details.)



Studio Yearbook

The Studio Yearbook brings together creative practices that have been in use at Jamie Ridler Studios for years! Imagine one place to check-in with your focus areas, one place to celebrate the seasons and make a dreamboard under the full moon, one place to gather your gratitude and acknowledge yourself with gold stars

Type: Print or PDF guided journal

Price: Print \$32 plus shipping, PDF \$22

[Sign up for Early Bird Notice here.](#)



Studio Living eBook: How to Host a Journal Jam

In this eBook you will learn how to host your very own Journal Jam, a welcoming and inspiring journaling event that brings creative souls together. Easily create magic and memories with your very own Journal Jam.

Type: eBook (38-pages)

Price: Pay What You Choose. 20% of your purchase price will go towards a sponsorship at Give a Girl a Journal.

[Purchase here.](#)

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 29

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 28

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 27

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 26

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 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, confidence and a sense of adventure.

Dates: May-July

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 season!

Celebrating the Winter of 2017/18

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. winter)?
12. What did you enjoy about this particular season (i.e. winter of 2017/18)?
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 Spring/Summer 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?

