



## What Participants have to say about my Artist's Way Classes

*"I learned to recognize how I hold myself back, how to express myself more. I learned to honor and love myself. You held the sacred space where it was safe for each of us to come out as we are and be who we are."*

**Ginger Purewal, Carlsbad, CA**

*"I want to thank you so much for all your creativity, talent and inspiration. You have helped us all share of each other and of ourselves in such an open way. Your projects have been so enlightening and freeing. Thank you for you."*

**Carolyn Phelen, San Diego, CA**

*"I very much enjoyed this class. It really made me explore the past and to go into places I hadn't wanted to go. Sometimes you need to go back to go forward."*

**Jane Carlson, Escondido, CA**

*"I've started journaling again and am feeling more empowered and unstuck! I am feeling stronger in myself (learning to say no) and embracing and accepting myself. What wonderful guidance from both Judith and the other women!"*

**Anne Phillips Pitzer, Del Mar, CA**

*"I learned the value of journaling as I'd been a skeptic prior to the class. It was uplifting to be in a group of women whose struggles were not all that different from my own. Consequently, I felt buoyed by each one's achievements throughout the course."*

**Paula Fitzgerald, Cardiff-by-the-Sea, CA**

*"This class has been an eye-opening experience. I love how safe the class feels and how much I've learned about myself. The feeling of connection within the group is amazing. I loved all of the activities we did and learned something about myself in all of them."*

**Kym Roessel, San Diego**

*"I loved the art, and the movement touched at a level I hadn't felt before. I would have loved to have kept going. I loved the sense of community."*

**Karen Silsby, Carlsbad, CA**

*"I felt like your class was a totally safe place to express my true self. That is because of your open and warm energy. I now feel more open to creative possibilities. This has been one of my most favorite classes I have ever taken."*

**Carol Greenstein, Rancho Bernardo, CA**

*"Thank you does not seem enough--you have given me such an amazing, life-altering experience. My soul is nourished and that feels so good."*

**Christina Zuber, San Diego**

*"I received so much from this course and I feel an openness to more creativity in my life."*

**Judy Foster, San Elijo Hills**

*"Thank you so much for this amazing class—what a great experience it has been for me. I really need this commitment to myself. I have discovered new areas of creativity in myself and have loved my morning pages."*

**Karen Collins, Carlsbad, CA**

*"I knew I was meant to take your Artist's Way class--it's been insightful, inspiring and FUN! Thank you for providing such a safe and inviting environment for our journey."*

**Kristin Olsen, Laguna Beach, CA**

*"Your loving, gentle guidance lit the way for me to regain parts of myself that I had lost along the way—and the journey has just begun."*

**Suzanne Singer, Encinitas, CA**

*"I began the Artist's Way class with some reservations and hesitation— primarily because I have always resisted identifying myself as any kind of "artist." My previous opinion of artists was less than complimentary. I have done a 180 degree turn. I am so thankful for taking this class--my creative expression (writing) is now so fundamental to my daily well being. And, I'm surprised how much courage, focus, determination and willingness are a part of being my own artist— expressing my unique expression. Thank you Judith - you did a wonderful job facilitating and guiding me."*

**Chris Mazza, San Diego, CA**

*"I am glad I took the class, the interaction between the group and many of the exercises Judith gave us to do make me take a closer look inside and notice what is holding me back. The class came at exactly the right time for me and if you are considering it, it is time for you too!"*

**Karen, Carlsbad, CA**

*The Artist's Way book is an amazing way to unleash the creative power we each have within...but without Judy's wonderful, professional and creative guidance through our weekly classes it would have been just another book—and that's the truth!*

**Lencsi Angel, Carlsbad, CA**

*"As a blocked artist I've found Judy's unique approach to walking her students through the Artist's Way helpful in unlocking the doors to restricting thoughts that I've held within, which when released, bring forth answers to questions such as, 'What is it I would want to do if I knew I could not fail?'"*

**Sherry Bejarano, Del Mar, CA**

*"I appreciate all the contributions you made to our group. You planted seeds for introspection. You taught me that taking care of myself is not selfish. Most important, you really care about all of us. This class has brought me serenity and gratitude. Thank you for the perspective to see things in a different reality."*

**Laurel Wasserman, Carlsbad, CA**

*"This was like a retreat in the middle of the day."*

**Kathy M., Carlsbad, CA**

*“I really enjoyed all aspects of the class—working with a group, the sharing, and the exercises, which I loved!”*

**Roni McGuire, San Diego**

*“This class opened my eyes to things I had not thought of in years. It made me think about all the different sides of myself.”*

**Nancy Turner, Del Mar, CA**

*“I discovered the word FLOW! I was free from expectation and open to joining with my artist child. I have applied the same FLOW to journaling and other activities in my life. By practicing FLOW in small areas, I’m open to taking risks where I did not venture before.”*

**Marvette Saucer, San Diego**

*“I was stuck, and this class released me. I feel more positive in that I realize that there are many solutions to a problem, not just one. You’re the best. Whatever you teach would be wonderful. You are a caring person, very genuine and fun to be around.”*

**Janice Ganan, Del Mar, CA**