

Clownlife Creative Practice

Facilitated journey,
support group,
coaching and
personal dedication
practice

- February 23rd, March 2nd, 9th, 16th, 23rd, 30th- 7:30- 9:30pm- 2 hour Weekly group sessions on Zoom.
- Week of February 15th: Coaching session and intention setting

Please email nellyzscott@gmail.com to secure your place



**An encouraging way
to start your year!**

- A One to one coaching session
- Weekly sharing circles
- Creative challenges
- Private Community Support Group
- Uplifting playlists
- Movement, Ritual, Journaling, creative practice
- Intentional dream space

**Dedicate 2021 to Self
Nourishment &
Creative practice**

Investment: (12 Hours of group sessions online + One hour coaching session, Weekly prompts & Exercises + more).

£130 - Earlybird ends Jan. 31st 2021.

£145- Supported place

£175- Full Price Ticket

£225- Supporter (offers a supported place)



Registration Ends February 15th: Email nellyzscott@gmail.com to secure your place

Please Note: There are limited places on this course to ensure focused attention and care for everyone there will be a maximum of 8 participants.

Kick off 2021 with a month long journey harnessing your creative practice to make a reality of the dreams you wish to see this year.

If you are craving to start your 2021 year with creativity, community support, coaching, nourishment, self care, encouragement, laughter, ritual, connection, movement, journaling, and a space to share your life, your words and wisdom this is the space for you.

You will join an intimate group for a weekly creative and uplifting space where we will dive into starting our year with the best of ourselves, developing and being supported in a dedicated creative practice that is aligned with your unique intentions and dreams.

What will the course look like:

- In the first week of February 15th onwards- You will get an hour long coaching session with Me ,Zuma Puma - Our session will focus on brain storming the life you want for yourself and how you can turn your intentions in to reality. Dreaming into a daily creative practice that will help you meet your highest potential and set out the actions to start your year off in the best way.
- You will be encouraged to commit to your creative practice daily- I will support you to align your creative practice to the intentions you set out in the initial coaching session, a daily practice that is potent, inspiring and realistic to you and what you want to see in your life. For example if you are a dancer who wants to deepen your dance practice, a comedian who yearns to develop a new show, or if you dream of becoming more creative but just haven't found a committed practice that serves you just yet. This creative practice will reflect whatever you need to support you best in this time.
- Beginning Tuesday February 23rd and continued every Tuesday from 7:30-9:30pm UK Time- we will begin our 6 weekly supportive group sessions- Involving Community check in/ talking circle, ritual , dance, embodied movement practices and games.
- In our final session you will have an opportunity (if you desire) to show any creative works you have been developing throughout the course; whether that be dance, comedy, music, poetry, paintings, writing etc. We will celebrate and dream into an integration process that could work for those who need continued encouragement and accountability after the course is finished.

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What else:

- * You will be welcomed into a private Facebook community to share visions, creative works and affirmations.
- * You will have access to great high vibe and meditation playlists.
- * Access to additional weekly creative challenges set out every Monday night.
- * If you miss a session- the practices performed in the session will be posted to the group page and you will be encouraged to share your process in whatever way feels good to you in the group.
- * This community is about showing up however you are, filling yourself and others up with affirmations, creative insights, and wisdom.
- * Re-wiring your mind for positivity, to both attract what you want more of in your life and to re-write stories that are no longer serving you.

As the days draw in more light, our intention as a community is to do the same. To uplift one another, embody and practice the world we wish to live in. With all of the challenges 2020 has brought, one thing is for certain self nourishment and community are essential ingredients and powerful resources for change in ourselves and in the world afar. It can be the most rewarding thing in the world to be seen, heard and witnessed, to be encouraged and inspired by creativity and to feel like you're not alone, you have a team behind you, willing you to create the magic you wish to see.

I created this course for those who yearn for:

- * More support to create a practice that works for them
- * Those who want some accountability in meeting their dreams with dedication
- * Those who crave community
- * Those who feel drawn to ritual and personal development practices with some laughter and joy in the mix.

Wishing you all the most awe inspiring, creative and awakening 2021. I look forward to seeing you soon on this wild journey and beyond.