



UNHINDERED VISION

Missy Borden Art Studio

1902 13th Street, Steamboat Springs, Colorado 80487

United States

9708466556

Unhindered Vision | Wednesday Art Group with Missy Borden

Dates: Session 1: December 1st- December 29th, Wednesdays 6:00pm - 7:30pm, Session 2: Jan 12th - Feb 9th, Wednesdays 6:00pm-7:30, Session 3: Feb 23rd - March 23rd, Wednesdays 6:00pm - 7:30pm

Location: Missy Borden Art Studio (1902 13th St., Steamboat Springs, CO 80487)

Investment: \$180 per Session (5 Wednesdays) (paypal, cash or check accepted)

send an email to contact@missyborden.com to register

What to Bring: A sketchbook or notebook, and any pens, pencils, markers, etc - the tools that you're most comfortable working with when drawing and taking notes, and a 'buff' (aka something you'll use to cover your eyes during certain exercises) - I will provide the rest!

And Don't Forget: Bring a water bottle/ NA beverage of choice, and wear something that you're comfortable getting dirty; paint splatter may or may not be flying!

What: Art can be a very helpful tool for everyone, whether it's connecting with your inner child or processing through some heavy stuff. Unhindered Vision is an art group that meets weekly with the intention of connecting, creating, processing, and having fun together!

In each session, you will:

- Begin with an introduction of that week's prompt and participate in warm-up exercises.
- Short presentation of project ideas and materials.
- Free time to expand and extend on the prompts while being involved in (as much or as little as you're comfortable with) an active discussion group.
- Leave with a piece(or many) of art of your own creation that can be hung, framed, destroyed...whatever your gut tells you to do with it.

Why: Some people articulate their thoughts, feelings, and emotions with words - I do it with a paintbrush. Being an artist is my passion and my career, and it's allowed me to tap into my deepest and truest self. Creating art has given me a sense of clarity and freedom that's unparalleled. When I'm creating something, I become who I really am - raw and unfiltered and unhindered by the outside world. The best part of being an artist? My work - and yours - doesn't have to make sense to anyone else to be meaningful and beautiful.

Creating art for people to add to their collections is an honor, but that isn't my only goal as an artist. Art has helped me through my most challenging times in life and it always will. It's been my escape and also what has brought me back home. I know the power that it's had in my own life, and I want to share that with others.

That's where Unhindered Vision comes in. I want to foster an environment for others where we can connect through meaningful discussion and creative outlets in a safe and open space. Together, we can show up, do the work, be vulnerable, relate to and talk with each other, and creatively bring to surface whatever it is that needs to be expressed but hasn't had the chance to be...yet.

Who: This group is open to anyone 18+. An ideal group size is anywhere from 6-8 individuals. All I ask is that you come with an open mind and ready to learn, connect deeper with yourself and others, and have fun while doing it.

Disclaimer

Unhindered Vision is not traditional art therapy, nor am I a certified art therapist. The intention of this group is to work with a professional artist in a safe environment while connecting with a small group of like minded individuals. If you are seeking a traditional art therapist, I can recommend or help connect you with someone.