

# I Create What I Believe!

## Practicum and Level II Training

The Level II training and practicum begins with a brief review of the level I introductory exercises. Guided hands-on exploration and adaptation of more advanced exercises will enable participants to gain a more versatile command of this powerful transformative tool.

***This program clarifies:***

- Where beliefs come from
- How beliefs can mold one's life
- How to transform stifling subconscious beliefs to allow for new growth.
- How to adapt this material for classroom, therapeutic, and personal use
- The science and theory behind the activities

***This program helps both children and adults:***

- Reduce stress
- Release bottled-up emotions
- Deepen one's sense of self

***This program also teaches how to:***

- Self-regulate energy from the inside out
- Increase retention, focus, and productivity
- Increase conscious awareness

***This program also strengthens:***

- Creative problem-solving skills
- Innate sense of composition
- Self-confidence and clarity
- A desire to learn and create
- Sensory Awareness



### ***Prerequisite: Two-Day Introductory Workshop***



**Nancy Marie** is a driving force for self-actualization and the creator of the *I Create What I Believe! Self-Awareness Art Program*. She is also the author and illustrator of three books: *Out of the Box and Into Yourself!*, *Passage of Change*, *A fable based on the research of Bruce Lipton, Ph.D.*, and *The Beckoning Song of Your Soul, A Guidebook for Developing Your Intuition*.

For more information contact:

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Date: **April 21 & 22, 2008**  
Location: **Bay Area, California**  
Time: **6:00 pm to 9:00 pm each day**  
Fee: **\$75.00**

To register contact: **Nancy Marie 530-926-0365**  
*Space is limited—pre-registration is necessary*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Zip Code \_\_\_\_\_

e-mail \_\_\_\_\_

Check/Money Order

Visa/Master Card

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_