



Leaping in Faith: Quilting your Transformation

Asake Denise Jones

June 9, 2017 to June 11, 2017

What's calling you? What have you been talking about, journaling and researching ad-nauseam? What do you hear from your soul's voice message?

Are you feeling like it's now or never? Do you feel ready to stand in your power and commit to your moment of transformation? If it is your time to take that leap of faith and begin the process towards creating lasting fulfillment, join, Transformative Art Coach, Asake Denise Jones, as she guides you through creating a Transformative Action Plan using the creative process of art quilting and meditation.

During the weekend we will:

- ...practice meditation as a path of awakening, discovery and an opening to creativity
- ...create an art quilt that speaks to your authentic calling.
- ...develop an Action Plan for your Leap of Faith Journey

“She took the leap and built her wings on the way down”

Who Should Attend: Confident beginner, intermediate and advanced sewers as long as you know how to sew a straight stitch on a sewing machine and like having fun.

Asake Denise Jones, M.A., M.Ed. is a mixed media fiber artist, teaching artist and Transformative Arts Coach. She is dually certified as a life coach and transformative arts facilitator who works with individuals, groups, communities and organizations to create action plans for achieving wholeness, balance and transformation from stress. She incorporates art, spirituality, mindfulness, science & evidence based practices. Asake has more than 20 years facilitating workshops and retreats in the areas of education, personal development and mixed media fiber art.

Limited to 15 participants. [Click here for list of needed supplies.](#)

Cost \$365 includes double occupancy room, board and tuition