

diana  
chabros



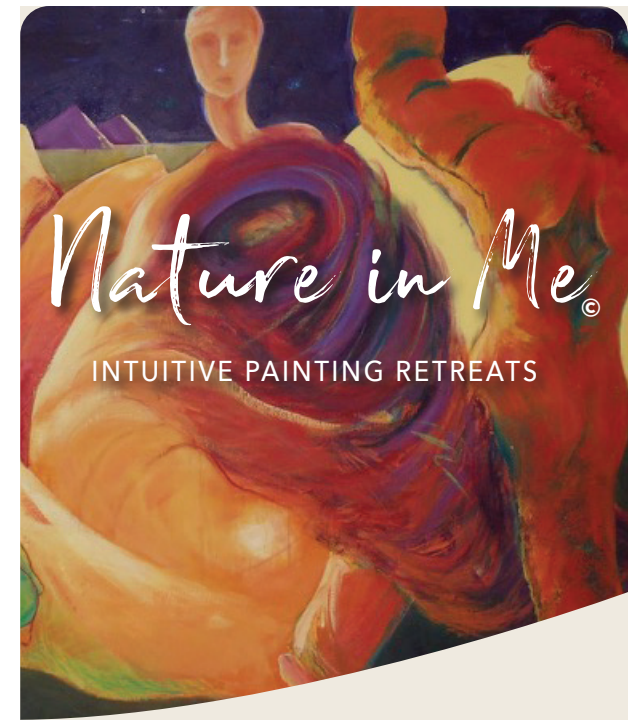
Diana is a professional exhibiting artist, holds a Bachelor of Fine Arts degree, and Masters degree in Education, is trained in traditional Yoga with internationally recognized authors/teachers Brenda and Dr. Georg Feuerstein, and is a graduate of Painting From the Source Teacher Training with international intuitive painter/art therapist, Aviva Gold MFA, MPS, CSW, ATR-BC, REAT. She holds dear her esteemed teachers within indigenous worldview and Tibetan Buddhist philosophy, her life partner, and many furry beings.

Visit [www.skystory.ca](http://www.skystory.ca) for more information and/or to register.



#### SKY STORY WELLNESS RETREATS

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[www.skystory.ca](http://www.skystory.ca)  
[www.dianachabros.com](http://www.dianachabros.com)



#### For Intuition, Wellness & Transformation

Using humble materials within a supportive environment, begin your personal journey of discovery. Achieve emotional clarity, profound personal insights, and foster a deep sense of personal healing!

For non-artists and artists alike

sky  
story

art • yoga • b&b

*"The embodiment process was compelling and powerful. I never expected that feeling and energy!"*

*"I learned so much from Diana. She provided a safe and nurturing environment that allowed me to break through my blocks."*



## INTUITION • WELLNESS • TRANSFORMATION



Where are you at in life? Are you looking for some balance to your work focussed world? Do you feel compelled to make a leap but that voice of fear is holding you back? Give voice to your creativity and acknowledge your **inner nature** through process painting.

Using humble materials surrounded by a group of supportive peers, both non-artists, and artists alike will find the Nature in Me<sup>©</sup> intuitive painting process truly transformational.

Whether deliberating over significant decisions, healing from an illness, or finding your footing on a new path, this process yields incredibly rich results: messages from deep within and awe-inspiring gifts from which to benefit for a lifetime. This is a self-inquiry process like no other!



### WHAT CAN YOU EXPECT?

- An intensive energy flow
- A safe, nurturing environment
- Laughter and tears
- Super charged intuition
- Bonding with sister/fellow painters
- Hard work/joyful play
- Movement meditation breaks
- Sacred sharing circles
- Engagement of one's psychic learning curve
- Collective commitment to maintaining confidentiality
- Lots of colour, internally and externally
- A breakthrough painting for personal reference and inspiration
- A simple, unique process to inform a lifelong, healing, creative practice

### WHAT NOT TO EXPECT

- Traditional painting instruction (although suggestions may be made for where to find particular information)
- Painting formulas
- Therapy
- A painting to show or sell



### ONE DAY WORKSHOPS

from \$185

Experience a hands on introduction to the unique process of intuitive painting. No experience necessary, just curiosity, a love of color and a deep desire for creative discovery! Trained by her long time mentor, artist/psychotherapist, Aviva Gold, Diana creates a safe space for women and men (18+ years of age) to gaze inward and paint with freedom as a means to explore personal pathways in life. Participants will receive information as to how to continue at home with this humble, yet profound creative wellness practice.

### WEEKEND RETREATS

from \$385

Immerse yourself in liquid color, forget the mind chatter and discover deeply resonant archetypes with which to explore blockages, dreams, decisions, illness, relationships, and other challenges, or joys. Over the course of Friday night, Saturday and Sunday, experience your own personal cave of creativity for heart/body/mind clarity. Participants will receive information as to how to continue at home with this humble, yet profound creative practice of self-inquiry and self-care.

Note: Required reading for all Nature in Me<sup>©</sup> Intuitive Painting Workshops and Retreats: *Painting From the Source*, by Aviva Gold (available in electronic or hard copy at [PaintingFromTheSource.com](http://PaintingFromTheSource.com))

### CUSTOMIZED GROUP WORKSHOPS AND PRIVATE SESSIONS (online or in person)

Diana is available to facilitate customized workshops for organizations. Private sessions for individuals or small groups are available in person or online. Contact Diana to discuss options and rates.

*Gift certificates available for use at Sky Story Bed & Breakfast, or one day workshops and weekend retreats, pending intake interview of participants. Workshop/retreat prices subject to change. Accommodation priced separately. Inquire about Sky Story discounts for registrants!*

