



© Elmari Van Der Westhuizen

Inner Wise Woman: Liberate the Critic Empower the Muse

Celebrating International Women's Day 2020

Precious Blood Renewal Center will mark International Women's Day 2020 with an arts journey led by Elmari Van Der Westhuizen. An inner journey using brushes, paints and canvas. **No professional training required. All supplies provided.**

On March 8, we will spend a couple hours painting, creating a new story from the old stories that the Critic tells us, luring our Muse out of hiding, with tea, chocolate and paint. Returning to one's self after a long voyage into the desert is the work all

beings must do one day. Elmari will provide a map for the returning. **Did you know, paintbrushes are magic wands?**

International Women's Day — March 8 — is a global day celebrating the social, economic, cultural and political achievements of women. The official hashtag and theme is #EachforEqual and "An equal world is an enabled world."

The challenge of that day is to **stand against stereotypes, fight bias, broaden perceptions**, improve situations and celebrate women's achievements.

**March 8, 2020
Sunday 3-5 p.m.**

Cost \$45

RSVP by March 1.



For as far back as she can remember, **Elmari Van Der Westhuizen**, born in South Africa and now living in Kansas City, has drawn, painted, read and written stories, and made music. After giving up corporate life, she embarked on the journey of an artist and intentional creativity teacher using paint and canvas, journaling and yoga.

To watch a demonstration of Elmari's work, visit intentionalcreativejourney.com.

To get more information or to register:

- Online: www.pbrenewalcenter.org
- By email: info@pbrenewalcenter.org
- By phone: 816-415-3745



**PRECIOUS BLOOD
Renewal Center**
a ministry of the Missionaries of the Precious Blood



**2120 Saint Gaspar Way
Liberty, Mo 64068
pbrenewalcenter.org**