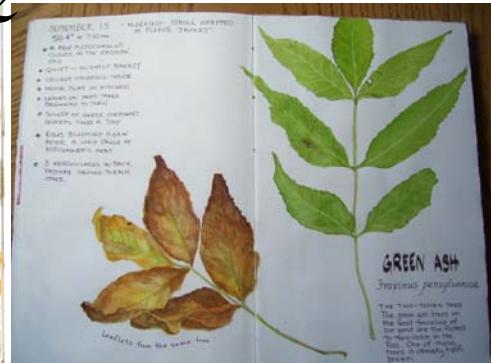


Reflections in Rock Time



A WORKSHOP IN AUTUMN NATURE JOURNALING with Maria Hodkins



KEEPING A NATURE JOURNAL REMINDS US
TO SLOW DOWN AND FIND BALANCE
IN OUR LIVES BY CONNECTING
WITH NATURE'S SACRED RHYTHMS

Observe fully the aural changes in light, the quieting of the green world into deep hibernation, the migration of birds, the end of the harvest season... Sit on a bench, sketch a tree, write a poem, smell the crisp autumn air with all of your senses peaked. Feel the earth cycles that are the roots of our seasonal celebrations. Learn the basics of keeping a nature journal, observing and recording seasonal changes. We will reflect, write notes, and sketch the beauty surrounding us. No artistic talent is necessary...entries can be as simple as tracing around a leaf or as elaborate as watercolor landscapes. Be a back yard naturalist and follow this sensory path into the wonders of nature.

**SATURDAY, SEPTEMBER 26 • 10:00 am-4:00 pm • \$70
AT A PRIVATE HOME IN THE FOOTHILLS OUTSIDE OF LYONS, CO**

TO REGISTER: Call Maria 970-712-7371 (she will give you directions to the site)

Maria Hodkins is a naturalist, writer, illustrator, and artist. She teaches nature journaling all over Colorado for parks, schools, botanical gardens, and art centers. She combines all of her arts with a love of nature in her passion for journaling. Maria teaches an easy, basic approach to capturing the essence of a subject in words and images, comfortable even to beginners. She helps people to become keen observers, and to reconnect with the magic inherent in even the simplest of nature's forms and processes.



Maria Hodkins

www.windword.net

maria@windword.net