

## Access Your Creative Silent Voice: A Course on Unblocking Creativity



### Parkgate Library

Sundays, February 14-May 15 |  
1:00pm-3:00pm

Register or call for information today  
at 604-929-3727, ext. 8166.

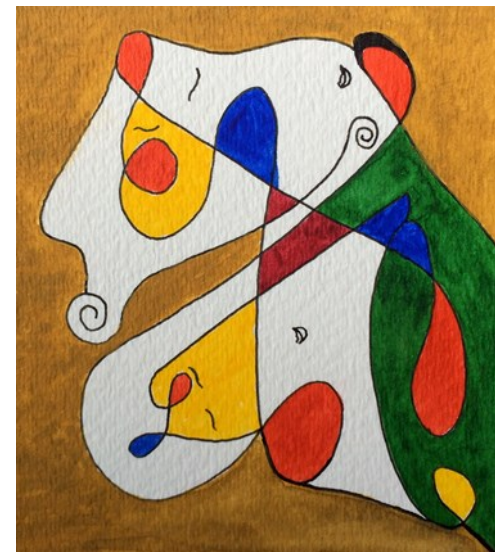
**Do you look for clarity in your career, life's  
purpose or creative dreams?**

All of us have a creative silent voice inside; a voice that over the years has whispered to us to write, paint, sing, play an instrument, take acting lessons, direct a short film, try ice dancing, perform on stage, build something with our hands, or start a business. That same voice is often hushed by a fearful censor that immediately instructs us to stop daydreaming and be realistic. But what if the very act of tending to our creative voice was what our "realistic" life needed, in order to reconnect with joy?

In this 12-week course Martha Beck Life Coach, Yas Azarpajouh, will guide you through a series of proven methods to access your creative voice inside by discussing the groundbreaking work of Julia Cameron's *The Artist's Way*.

This is a course to help you connect with your creative inner self, to give yourself permission to explore creative self-expression, and to bring forth the same uninhibited joy you experienced as a child. The insights and clarity that will follow will shine a new light on all areas of life. **\*\*Absolutely no artistic background necessary but a copy of Julia Cameron's *The Artist's Way* is required reading for the course\*\***

***Yas Azarpajouh** is a former senior insights analyst in television with 12 years of experience on the business side of the Canadian broadcast industry. A published writer, abstract painter and trilingual radio host on the side of her career, in 2013 she chose to listen to her creative voice inside. Her journey led her to coaching where she now specializes in helping individuals and groups access inner creativity to find more clarity in their lives and careers.*



**Lynn Valley Library**  
1277 Lynn Valley Rd.  
604-984-0286

**Capilano Library**  
3045 Highland Blvd.  
604-987-4471

**Parkgate Library**  
3675 Banff Crt.  
604-929-3727

**www.nvdpl.ca**  
[@nvdpl](https://www.facebook.com/nvdpl)



**North Vancouver District  
Public Library**