

Marigold

🌻 A 4-week personal growth journey hosted by Casey Lipka and friends 🌻

A series of free workshops in celebration and anticipation of my song "Marigold" coming out in June. All free workshops center around the themes you'll hear in the music: growth. Join us on Tuesday May 17- June 14th, [click here for the full schedule of events](#).

Guided Creative Practice

Feel Good Practice Journal approach created by Liz Wright and Casey Lipka

Before Practice:

- ❖ *How are you coming to this practice session?*

- ❖ *Is there anything you want to be aware of in your body as you practice today?*

- ❖ *Is there anything you need to let go of to be fully present for this session?*

- ❖ *What would you like to accomplish today?*

- ❖ *"What feeling do you want to cultivate in your practice?"*

Your Creative Practice Time
(Notes, thoughts, musings)...

After Practice:

- ❖ *That feeling you were trying to cultivate - How did that go?*

- ❖ *How is your body feeling?*

- ❖ *What do you want to acknowledge about your practicing today?*

- ❖ *Is there anything you want to remember for your next practice session?*

- ❖ *When would you like to practice again?*