



Karen Nebe

# Feeling disconnected? Struggling with change or loss?

## Sign up

for a regular weekly **Creative Guiding** session where you fully immerse yourself in creative expression using various art materials, writing and meditation. Minutes blend into hours, and there are no thoughts apart from what's happening in the present. Let go of expectations and be curious about whatever emerges.

## Creative Guiding

In a non-judgmental environment Karen gently nudges and steers the art making. She draws on inspiration from nature and its elements, stories, poetry and other stimuli. **The emphasis is on the experience of creating**, developing and reflecting through the artwork and not on the finished product. A process of inward exploration. **No art experience is necessary.**

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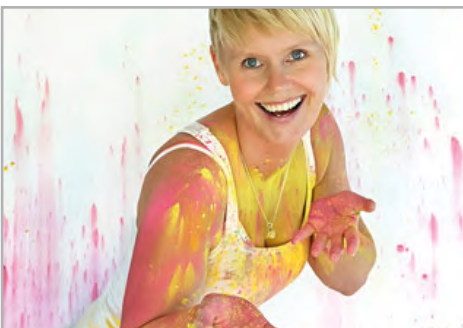
## Benefits

- Be in the moment and **stillness**.
- Use symbols and colours to explore that which is difficult to voice.
- Become more aware of your way of being in the world.
- **Build resilience and capacity for change.**
- Awaken an inner wisdom which brings intuitive answers to unresolved questions.
- Cultivate a practice of **self compassion** and begin to silence your inner critic.

**MONTEBELLO  
DESIGN CENTRE  
31 NEWLANDS AVENUE,  
NEWLANDS**

Thursday evenings: 18h15 - 21h15  
Friday mornings: 09h30 - 12h30  
Saturday mornings: 09h30 - 12h30

**R1100 PER MONTH**  
(all materials included)  
Connect for a  
**FREE INTRO!**



## Karen Nebe

is a **Creative Guide**, an **Ontological Coach** and a **Leadership Embodiment Coach**. Karen guides clients to reconnect with their original voice and a more resourceful way of being. All of Karen's work centers around **creativity that connects: to self, to others, to the world, to a greater sense of meaning and purpose.**