

Inspired Art for your *Personal Journey*

abbyboltonarts.com

Uplifting Original and Commissioned Paintings

Available Online and In-Studio

Fine Art Prints ~ Private & Private Workshops and Milestone
Celebrations ~ Hand-painted Gifts & Accessories



What we think about daily shapes our life experience.
So why not choose quality art that also
helps you manifest the life you REALLY want?

I specialize in personalized art with the higher purpose: to gorgeously reinforce your aspirations and empower you on your way, via the method(s) best for you:

- Commission an expertly crafted *Inspired Journey Painting* that suits your space and taste, while powerfully representing and reinforcing your personal aspirations
- Join an empowering *Inspired Flow Workshop* to learn basic poured painting techniques in a safe, supportive space, and create-your-own self-affirming painting.



"Abby's art, care for her craft, nuanced guidance, kindness and client approach are *equally dreamy*. I'm inspired by and proud of her multiple pieces I own. They invite me on my own *emotional path* and *elevate my love for my home*."

- Dr. Emily Cottrell



"When my husband passed unexpectedly, Abby's art brought me an *unfamiliar sense of peace*. In talking, she quickly "got me." I'm grateful for her inspiring art and my beautiful painting that brings me *daily comfort, joy, and calm*." - Judy Rulin Mahan

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About Inspired Journey Paintings & Inspired Flow Workshops



An **Inspired Journey Painting** is like a loving message from your higher self: a finely crafted commissioned artwork, tailored perfectly for your space, that also visually represents your personal journey and aspirations.

Whether you're navigating change or loss, visioning your path, or just want more lightness, peace, connection or vitality in your day-to-day, gift yourself a beautiful reminder to focus on your priorities and pause to recenter whenever needed.

Examples at abbyboltonarts.com/inspiredjourney

Inspired Flow Workshops are NOT like other group paint events you've seen. You'll make a one-of-a-kind, meaningful artwork through a fun, uplifting, reflective, and connected experience, that has even the most "uncreative/unartistic" people are raving.

NO artistic talent needed, really! This a safe, supportive space.

- 1. Bring** an idea you want to nurture - an intention, feeling, affirmation, or goal.
- 2. Learn** basic fluid acrylic/"poured painting" techniques.
- 3. Create** a painting to support you on your journey, with guidance as needed.
- 4. Hang** it as an empowering daily reminder to prioritize your goals.



"I am not an artist, but this was accessible, freeing, fun, surprising and I appreciated looking inward in the process." - Deanna Lee

"This helped me clear new emotional space to fully express who I am. I'm happy and proud..."
-Karin Dunshaw



"Abby's warm, comfortable environment made us all more open and fun. It was such a great overall experience, that the painting is kind of a bonus!"
- Sally Ellwein

Book a Private Group

As a former corporate consultant, I customize sessions based on your group's needs and/or ages.

Perfect for work teams, affinity groups, and milestone celebrations

Let's chat!

abbyboltonarts.com/workshops

Join us: abbyboltonarts.com/register