



Hello! Thank you so much for taking a look at this information packet for [Book Of Days 2022](#)! I'm your hostess, Effy Wild, and I am so pleased to have curated this incredible group of guest artists - all hand picked by me - who will be presenting alongside me throughout our year together!

Let me tell you about Book Of Days!

Book Of Days is a way to examine and document your life in such a way that you will become intimate with it and with yourself. It is as much about self-inquiry, self-loyalty and self-empathy as it is about fun. It is the exact program I needed as I've navigated this life of mine - full as it has been of ups and downs and hardships and wonder and grief and love - and I want you to have it because I know how it's changed my life, and I can envision how it will change yours.

In BOD we are more interested in making meaningful paintings vs. merely making pretty paintings. This means that whatever skills you bring to the table are more than good enough. You **will** build skills throughout the course of the year, absolutely, but that is considered a lovely byproduct of this process and not the entire point!

More About The Program

Book of Days began in 2012 as a course I taught by myself, but it has since morphed into a collaborative e-course so I could offer you a much more varied and diverse collection of lessons, techniques and perspectives in the realm of mixed media art journaling. My focus in curating this e-course is on providing you with lessons that are suited for beginners all the way up through advanced journal artists. Each guest artist has been tasked with showing you how they engage art journaling both as a creative practice and as a healing modality.

In BOD, we begin by making our own art journal and learning the basics in an immersive experience called "Book Of Days Boot Camp", which is a teacher assisted self-guided workshop that covers bookbinding, creating backgrounds, getting text into your art journal, different ways of documenting your one wild and precious life, and much, much more. Boot Camp is self-paced so you can dip in and out of it as you like!

Once our year together begins in earnest on January 1st, 2022, each and every month you will find all of the lessons for the month popping up in your dedicated classroom so you can pick what most appeals to you and engage it when you're ready! We call this monthly "drop" of content "filling the bird feeder".

What's with the birds?

I want us to approach art journaling as though we *are* birds - rising above it to get the "lay of the land", nesting it in when we need self-soothing, feathering the nests of our creative practice with new techniques and supplies we may not have tried before, and filling up on all the lovely seeds of inspiration provided by the teachers. I also just really love birds!

What Makes Book Of Days Special?

There are many mixed media e-courses available out there these days, but there are some things that set BOD apart. The first is that I came to art journaling as a total beginner with no previous art experience *whatsoever*, so as someone who has had to learn everything she now teaches from absolute scratch, I am thorough in my instruction. I have learned over my ten years of art journaling how to "cheat" like an artist so that I can get whatever symbols or images I want into my spreads without having to stress myself out about "learning how to draw", and because I had to learn how to do this, I can show you how to do it, too! It is my intention to empower you, not to blow your mind with my artistic prowess! I won't teach you anything I can't talk you through! This is a promise! *Links pinkies with you*

Secondly, when I look for guest artists, I am aware of what will be of use to a beginner or someone who, like me, is not as interested in the final product as they are the process so I ask for this thorough "aimed at beginners" kind of instruction from my guest artists as well.

Thirdly is the emphasis on art journaling as a thing we do to please *ourselves* and not an audience. We are not here to create things that might be featured in the pages of a magazine, though some of the spreads you will create will be absolutely beautiful to look at. In BOD, the point is not to make beautiful or pretty things. The point is to document your inner and outer life in a way that honours it and allows you to find meaning and beauty in the ordinary.

The program is called Book Of Days because that is what we will create together. A book of *our* days. A record of *our* lives. A treasure trove of *our* memories, ponderings, musings, grapplings, triumphs and struggles, all recorded, not just for posterity, but as a way to integrate it, dig into it, and really *know* it.

While most of the lessons you'll find in this e-course will come with step-by-step instructions so you can recreate the spread presented by the guest artists, you will also be welcomed to and even encouraged to create your own interpretation of the lesson. There's an entire mini-workshop in Boot Camp called Ultimate Notebook on the subject of how to take mixed media art classes so that you are creating *personal* spreads that might be inspired by the guest artist's offerings, but using your own colour choices, symbols, images so that your spreads are imbued with your own soul.

That being said, copying is welcomed as that is how learners learn! Whatever works best for you is totally wonderful! This content exists to be engaged in any way you like!

So, What Can You Expect?

Every month, you will get two lessons from guest artists, and one lesson from me. :) Nine of my lessons will be pre-recorded and three of my lessons will take place live on Zoom so we can HANG OUT AND PLAY. Replays of all the live lessons will be made available for those who can't join in at the time the lives are scheduled! We will have a Facebook Group where we can commune and share our work. Your guest artists and your hostess (that's me!) will be available to answer your questions and comment on your work! Just tag us in the group! If you're not into Facebook, there is a way to upload images to the classroom in the comments section, and I will be checking in every day!

You will also be invited to join my live Journal Jams, and you'll have access to the Journal Jam Permanent Archive where all the replays will live.

Sound good? Want to know who's teaching this year?

All right! Let's do it!

Let's Meet The Team!



Hi I'm Sarah, and I'm a self-proclaimed weirdo. I am an avid art journal collector (seriously, I have SO MANY JOURNALS), and my one true dream is to fill them all before I die. Since I make a new one almost every month, I'm assuming that means I'll live forever. I am continually obsessed with watercolors, gold leaf, stencils, and shiny rocks.

[website](#) | [instagram](#) | [patreon](#)



Hi I'm Renee Magnusson, a life + style coach/writer/mama cat (she/her) I pray to pink skies + full moons. I love senior cats, vintage everything + I am currently obsessed with 70's style. I guide folks back to self loyalty + help create foundations that support, nurture, soothe, + inspire them. I do it with kindness, humour + practical magic honed from a decade in wellness. Note: Renee will be instructing us in a writing practice that's meant to prime our creative pumps!!

[website](#) | [instagram](#) | [facebook](#)



Amanda is a London Born Mixed Media Artist and has been creating and collaborating with a variety of artists around the world in group as well as solo exhibitions in London UK, Barbados, Montserrat, and US Virgin Islands. She loves creating and uses a variety of materials such as clay, fabric, recycled materials, collage, natural fibers and dyes to create art, art journals and tells a story that impacts the viewer through the use of color and texture. She believes in the positive impact that art and creativity can have on health and wellbeing.

[website](#) | [instagram](#) | [patreon](#)



Hi, I'm Tara Lynn Pugh, a mixed media artist and art-journaler from Cincinnati, Ohio. I am hell bent on making a mess and enjoying life. Art has become my heartbeat. I've used it to document my life, special events, and things I want to remember. I've used it for processing and healing and looking at my emotions. I've also used it for fun and exploration. The beauty of art is it becomes whatever you need it to be- but what remains consistent about art is that there is room for every voice. I look forward to sharing some creative moments with you!

[website](#) | [facebook](#) | [patreon](#)





Iris is a Dutch mixed media artist, teacher & vlogger based in London, UK. She is passionate about art and art journaling for self-expression and self-discovery. Online Iris loves to share her art, outlook and creative life through pictures, writing & videos. It's important to her to share real life, not just a polished 'social media version', so apart from the happy times she also address the harder feelings and struggles like creative block. She hopes that authentically sharing her creative life will inspire those on a similar journey!

[website](#) | [instagram](#) | [patreon](#)



Shinjini Mehrotra is an artist, tarot reader, writer, and podcaster based in India. As a long-time journal keeper, she believes in the transformative power of stories and the healing power of art and creativity. Her days are spent knee-deep in the creative process - painting, writing, reading, thinking, and dreaming. She tends to start more projects than she can finish, but having multiple ideas on the go is what excites her the most! Through intuitive play and playful experimentation, she aims to capture the dialogue between herself and the divine on the journal page.

[website](#) | [facebook](#) | [instagram](#)



Rae is a teacher (she qualified as a primary school teacher over 20 years ago.) She is an artist, a creator and a geek. A mom (of three boys), a lover of the number three, tarot, crystals, hares, the moon and a collector of feathers. She loves all kinds of creating and has immersed herself in a lot of different mediums and crafts.

Rae is committed to supporting, encouraging and providing clear, accessible teaching to help you connect to your inner artist and explore mindfulness and creativity.

[website](#) | [patreon](#) | [instagram](#)



My name is Tracy Scott and I am a self taught artist from the UK who decided to swap the hustle and bustle of a career in the finance industry for a more creative venture. I am all about colour and an upbeat vibe so you can be sure of a feel good factor in my artwork.

I look forward to you joining me in class.

[facebook](#) | [instagram](#)





Eulalia is a graphic designer, illustrator, artist and maker of stuff. She lives and works from her studio up in the mountains of a little rural town in Colombia, South America. She spends her days in her studio illustrating and playing on handmade journals while discussing worldly matters with her cat.

Her dream is to bring a little cheer to daily life by designing playful illustrations for fun-loving people. She believes that we are never too old to be amazed by everyday life.

[website](#) | [etsy](#) | [instagram](#)



Maureen Nadeau (Naydoe) has been using Creativity as a pathway for healing and transformation for years.

She is a full-time mixed media Artist, Art & Meditation Teacher, Mother of two grown girls and a Woman in Recovery living in North Carolina.

Her passion is to help others find & explore their innate unique creative energy.

[website](#)



Tamara Laporte ('willowing') is a creative catalyst of thousands of beautiful people. She is a celebrated mixed media artist and art teacher who has been running her creative business since 2008. Her work can be described as 'mixed media folk art' with a focus on 'magical realism'. She is deeply devoted to helping people get in touch with their creative fire and would love to help YOU too to get in touch with the artist in you!

[website](#) | [facebook](#) | [instagram](#)



Tina is a self taught Mixed Media Artist who has worked for one of North America's top craft retailers creating arty educational content. Mixed Media is an outlet where Tina explores and discovers her inner self.

Tina is a "green" artist and passionate about up cycling and "keeping it out of the landfill". She creates workshops with the student in mind~ fun~informative~easy to follow.

[YouTube](#) | [facebook](#) | [instagram](#)





Tiare Smith is a mixed media, art journal artist and instructor. Born with art in her heart she lost her way from her art for 18 years. It came back to her life in a burst of emotion and anxiety. She now aims to empower women to express and experience their art more freely.

[website](#) | [facebook](#) | [instagram](#)



Jane Cunningham is an attendant to the Numinous, Creativity activist and Conduit for Love. Jane believes creativity is one of the gifts from The Divine; an antidote to the hard parts of being human, and a sure fire way for humans connect to wonder, awe and possibility. Jane has three rules: Turn up bravely. Trust what arises. Be kind to yourself. Applied to soulmapping and life, they work pretty damn well.

[website](#) | [facebook](#) | [instagram](#)



I'm Karine Bossé also known as Kabostudio. I'm a graphic designer, mix-media artist, doll maker and online art teacher. I started Kabostudio about 15 years ago, developing my style and exploring as much as could with different mediums.

As a multi-disciplinary artist mixing it all up comes naturally to me, when I see a limitation I will try to find ways to go around them and create something unique. Being limited in term of space and sometimes budget is often the best thing that can happen to you as an artist it will definitely get you to think "out of the box".

[website](#) | [facebook](#) | [instagram](#)



Jani Elan Zyna (Jez) Franck is a nonbinary visual artist working in mixed media and installation. Their work is informed by ecological activism, magic and ritual, their identity as a transgender, Queer, nonbinary person and their experiences as an immigrant, neurodivergent person and outlier. Their practice is involved with delving into links between small, everyday personal experience, herbal wisdom, folk art and stories and the global events unfolding around us.

[instagram](#) | [facebook](#) | [patreon](#)





Airmid is part hippie, part geek, part rocker chick with some serious Dolly Parton sass. She blends self-love + herbalism + art + spiritual musings with kickass empowerment + a hell-yeah attitude. She has a fierce passion for helping womxn discover their unique beauty + strength + truth.

[website](#) | [facebook](#) | [instagram](#)



Rachael is the multimedia artist, creatrix and mystic explorer behind Tree Talker Art. An artist for as long as she can remember, her goal is to capture your intrigue and transport you to a new world where the trees talk back.

Currently living in the magical valley of Taos, New Mexico, she spends her days in her plant covered art studio painting portals to new dimensions, opening gateways to hidden realms and creating and crafting mystic creatures and faces from the ethers.

[website](#) | [facebook](#) | [instagram](#)



Christa is a full-time artist specializing in pastel, oil, acrylic and mixed media art. After spending 20 years in a finance career, she decided to follow her true passion and become a full-time artist. Christa spends her time sharing her passion with others, teaching others to be creative and exploring the world's landscape recreating it onto canvas. Her work is a mix-ture of realism, exploration, experimentation and pure fun.

[website](#) | [facebook](#) | [instagram](#)



Hello, my name is Cristin Chambers, also known as "PanArt". I consider myself to be an artist that creates with reckless abandon. No supply is off limits and I love to experiment with all mediums (sometimes - all at once!) I am a full-time mixed media artist and teacher. I love to show my students how to let go and have fun with the creative process while stepping outside of their comfort zones and embracing total art rebellion!

[website](#) | [facebook](#) | [instagram](#)





Amanda Fall is an ink-stained, paint-splattered, hot mess of a human, forever re-learning how to love herself and the world. When she's not chasing her toddler, Maverick, she craves time spent splashing color in the pages of her many art journals, and creating encouraging art mail for her beloved [Patreon flock](#).

[website](#) | [instagram](#) | [patreon](#)



Hi, I'm Lee Clements, mixed media artist, art journaler and teacher. I believe that we all have inherent creativity, and inspiring and encouraging others to find their voice through creative exploration and expression, regardless of experience or artistic ability, is deeply gratifying and is my passion.

[website](#) | [facebook](#) | [instagram](#)



My name is Sandi Rusch and I am an 'awkward girl'. I am also an artist. When I combine the two, some unusual things are born. I must create something every day. Perhaps I should say I must create something different every day....

It takes a lot of art forms to keep me from getting bored when i'm constantly doing something different.

[website](#) | [instagram](#)



I'm Jerney Marisha, and I teach art online and through private lessons at home. What I love most of all is sending out free art tutorials to my [newsletter subscribers](#), to keep the muses at work and to give back to the wonderful group of artists who have joined my inner circle.

[website](#) | [facebook](#) | [instagram](#)



The Schedule!

January

Sarah Trumpp
Renee Magnusson
Effy Wild

February

Amanda Trought
Tara Lynn Pugh
Effy Wild

March

Iris Fritschi-Cussens
Shinjini Mehrotra
Effy Wild

April

Tracy Scott
Rachel Kentish
Live On Zoom With Effy

May

Eulalia
Maureen
Effy

June

Tamara Laporte
Melanie Rivers
Effy Wild

July

Tiare Smith
Jane Cunningham
Effy Wild

August

Jani Franck
Karine Bosse
Live On Zoom With Effy

September

Airmid Wylde
Rachael Caringella
Effy Wild

October

Cristin Chambers
Christa Forrest
Effy Wild

November

Lee Clements
Amanda Fall
Effy Wild

December

Sandi Rusch
Jerney Marisha
Live on Zoom With Effy

[Registration is NOW OPEN!](#)