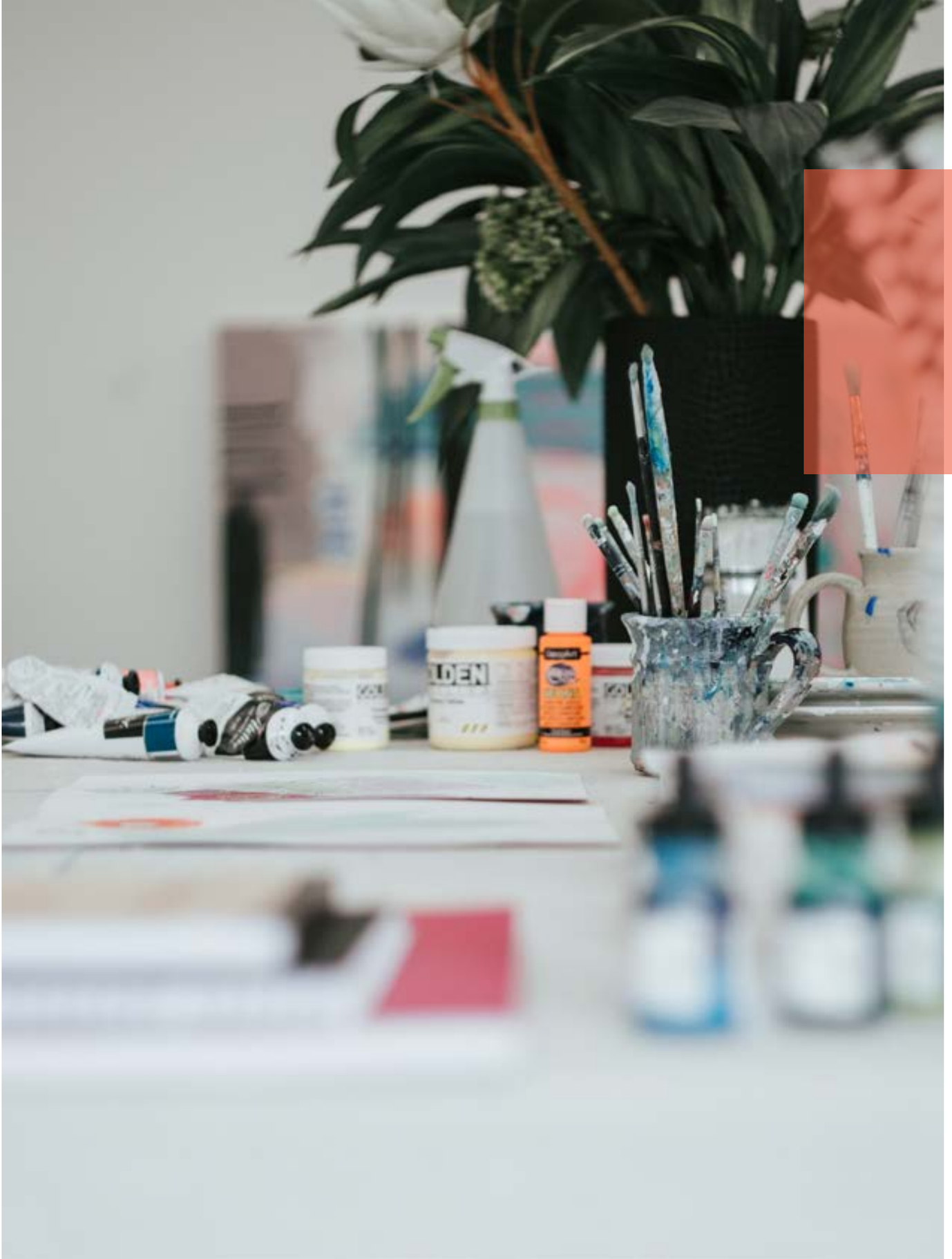
Breathe. Play. Create.

168 Days of Magic

Mindful Creativity Studio Programme
6-month Journey Starts Feb 2027

JORDAN
HARCOURT
HUGHES



Welcome

Are you looking for a way to be more relaxed, mindful and manage stress better? Are you interested in exploring creativity and having time out to enjoy new creative adventures? 168 Days of Magic aims to help you achieve a sense of peace, connectedness and wellness.

From applied mindfulness, meditation and creative visualisation techniques to mindful art practices such as doodling, painting, abstract exploration and nature-inspired creations, you'll discover how Mindful Creativity can quiet the mind, dissolve blocks and awaken joy.

By the end of this course, you will have:

- Developed a solid foundation in mindfulness and its role in nurturing creativity
- Explored various techniques to cultivate a calm and focused mind
- Learned strategies to overcome creative blocks and unleash your creative potential
- Gained insights into the interplay between mindfulness and the creative process
- Engaged in practical exercises and activities to stimulate your creativity
- Established a personal mindfulness and creativity practice for ongoing growth.

2027 Studio Programme

168 Days of Magic unfolds over six half-day sessions, mapped through five core Mindful Creativity modules, with additional time built in for your personal creative project.

The 2027 Studio Intensive includes:

- Six guided studio sessions with Jordan (Saturdays 1-5pm, February - July)
- All basic art tools and supplies provided
- Access to garden grounds (Piazza, meditation corner, outdoor spaces)
- Full facilities for comfort and ease
- 6 months' access to online curriculum to support your learning journey
- Supportive small-group environment
- Tea, coffee + nourishing refreshments

Pricing & Enrolment

Full 6-month journey: $900 ($150 per session), or Casual single-session rate: $230

2027 Dates: Saturday 27 February, 20 March, 17 March, 29 May, 26 June and 31 July.

'Free pass': those who sign up to the full 6-month journey have the ability to organise one x 1:1 make-up session with me at a time that suits, if one of the monthly dates don't align with your schedule.

About...

About me: Jordan Harcourt-Hughes (she/her)

I'm Jordan Harcourt-Hughes, writer, facilitator, and creative guide. Whether you're looking for space to relax and recalibrate or nourish yourself through new creative adventures, I help you find clarity, confidence, and the space to grow.

In 168 Days of Magic, we use art making, self inquiry and mindful creativity practice as a tool for path finding, meaning making and relaxation, which in turn can help you to:

- Strengthen your trust in intuition and inner guidance
- Move through uncertainty with calm, presence, and confidence
- Unlock creative approaches to problem-solving and self-expression
- Build resilience and a mindset for self-led transformation
- Carry forward mindfulness and creativity practices into daily life

Experience

- 10 years leading and developing creative teams
- 5 years designing and facilitating creative programmes for adult leaders
- 7 years personal mindfulness practice

Qualifications

- Learning Design: New Zealand Certificate in Learning Design, Level 6
- Training and Assessment: Australian Certificate IV in Training and Assessment
- Miindful Coaching: Mindful Coaching Certificate: My Vinyasa Practice
- Project Management: Diploma Project Management - Australian Institute of Project Management
- Creative Practice: Bachelor of Visual Arts (Fine Arts), University of Sydney

Testimonials

Praise for Jordan's Mindful Creativity workshops

'I enjoyed having the freedom to explore different tools to use, and exploring meditation to help my self awareness of thoughts and feelings.' - Janine

'I enjoyed the relaxation and mindfulness practices. No pressure in class, open discussion, nice music and creative freedom. It was a mixture of guided art and creative exploration, with mindful education and practice intertwined' - Annie

'I enjoyed the careful structure, the variety, being introduced to different ways of thinking about making art. The warm and welcoming vibe. The opportunity to work quietly on art but also discuss. I also enjoyed the music and the colour of the week.' - Nina

'It was a way to make the time for painting. Jordan was very generous with her time, her materials, her ability to guide people in their own style. The studio was well set out and ready when we arrived - it felt good to come into a studio that was so organised ... painting materials, inspiration, warm, music ... and ... the afternoon teas were always beautifully prepared and delicious! I'd encourage people to go with an open mind. I'd tell them that they will be guided through some meditative and painting exercises and that their own practice will grow. And that they'll meet other artists and learn from them as well as from Jordan.' - Rachel

'Perfect balance of art and mindfulness. The time disappeared. Felt relaxed and eager to incorporate mindfulness in my art practice'. - Louise

'You were very generous with your resources, wonderful baking and experiences. I enjoyed connecting the with other ladies, a chance to relax and play with colour always makes me happy. Beautiful music, visualisation and connecting back to my source inspires me and allows me to create something I love. Even though the time went fast I was still happy with what I created and was able to take home. Yes I would definately recommend and I'll be back!' - Lisa

'I have found value in experimenting with all types of art... Creativity is easy to fit into short time frames when it becomes a conscious habit. My favourite part of the course was working alongside the group, Jordan has created a space where people are safe to experiment, share ideas, and discus techniques and materials, and inspire each other. - Justine

'A most relaxing supportive workshop in a beautiful setting highly recommended for anyone looking for a creative time out' - Sal

'Working with others - painting together was truly a lovely experience - we all have different views of the world, and it was lovely to be free top explore and watch other explore. Jordan Teacher has a lovely approach by beginning with a chat about her month's experiences and asks us to individually speak about our month's experiences and then she proceeds with meditation to music, which we all practise and then explains clearly - and demonstrates what she wants us to do each class.' - Michelle

jordan in the studio

Module 1

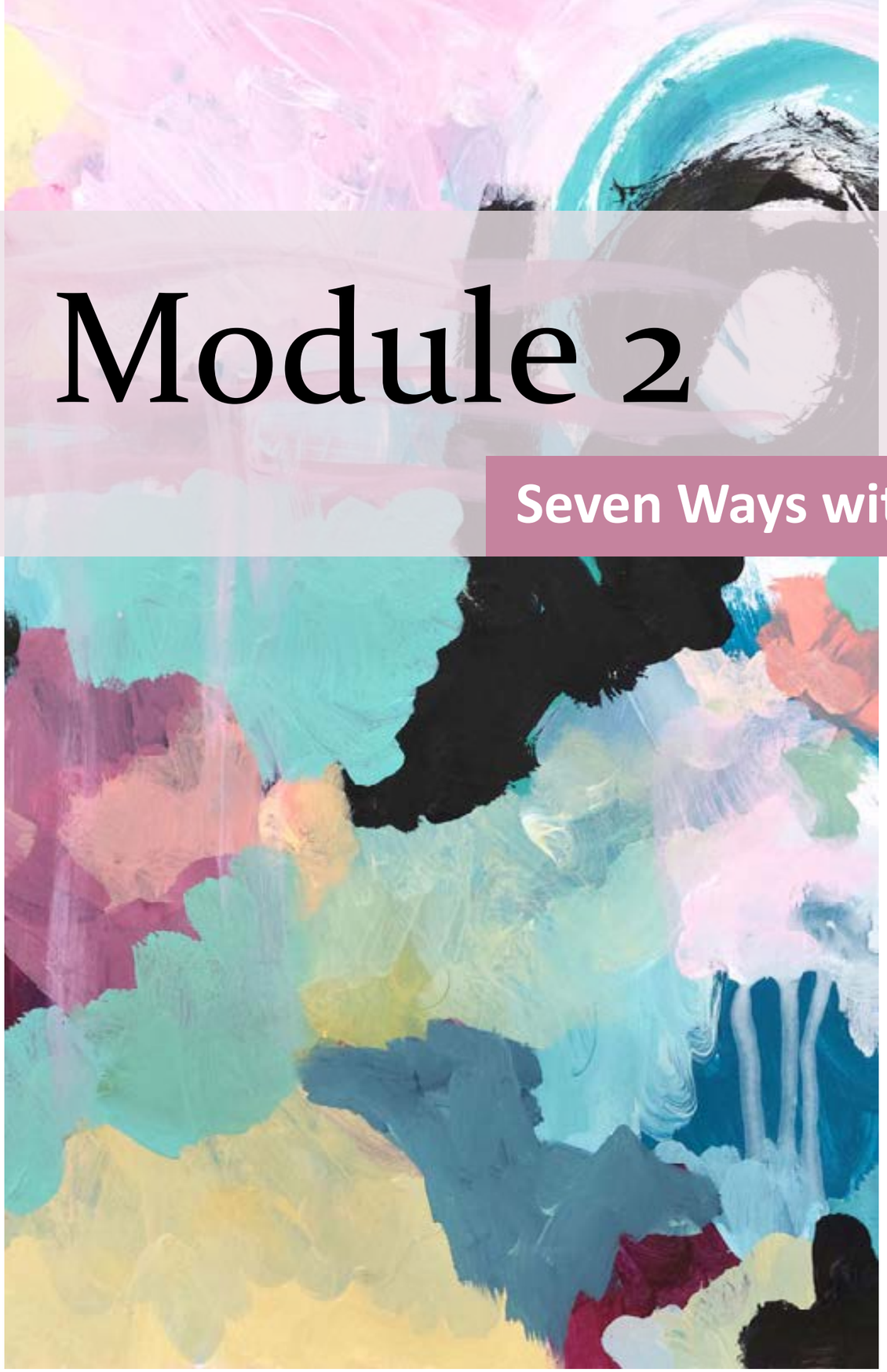
Blue Leaves: Watercolour and the Art of Doodling

Focus: Introduction to mindful creativity through gentle engagement

- Exploring the benefits of cultivating a mindful approach to creativity
- Practising the mindfulness approach to Beginner's Mind
- Using doodling as a form of creative relaxation
- Taking inspiration from nature to start building a library of plant and flower motifs
- Learning foundational skills in watercolour
- Creating Blue Leaves: an A3 artwork on paper using watercolour and permanent markers.

Learning Outcomes

- Learners develop a foundational understanding of the benefits of cultivating a mindful approach to creativity.
- Participants can define Beginner's Mind and share an example of how they could apply it in their own lives, as well as in the course activities.
- Participants can produce a series of doodling experiments with permanent markers, taking inspiration from nature.
- Participants develop confidence in experimenting with a range of watercolour techniques to create their first artwork on paper.



Module 2

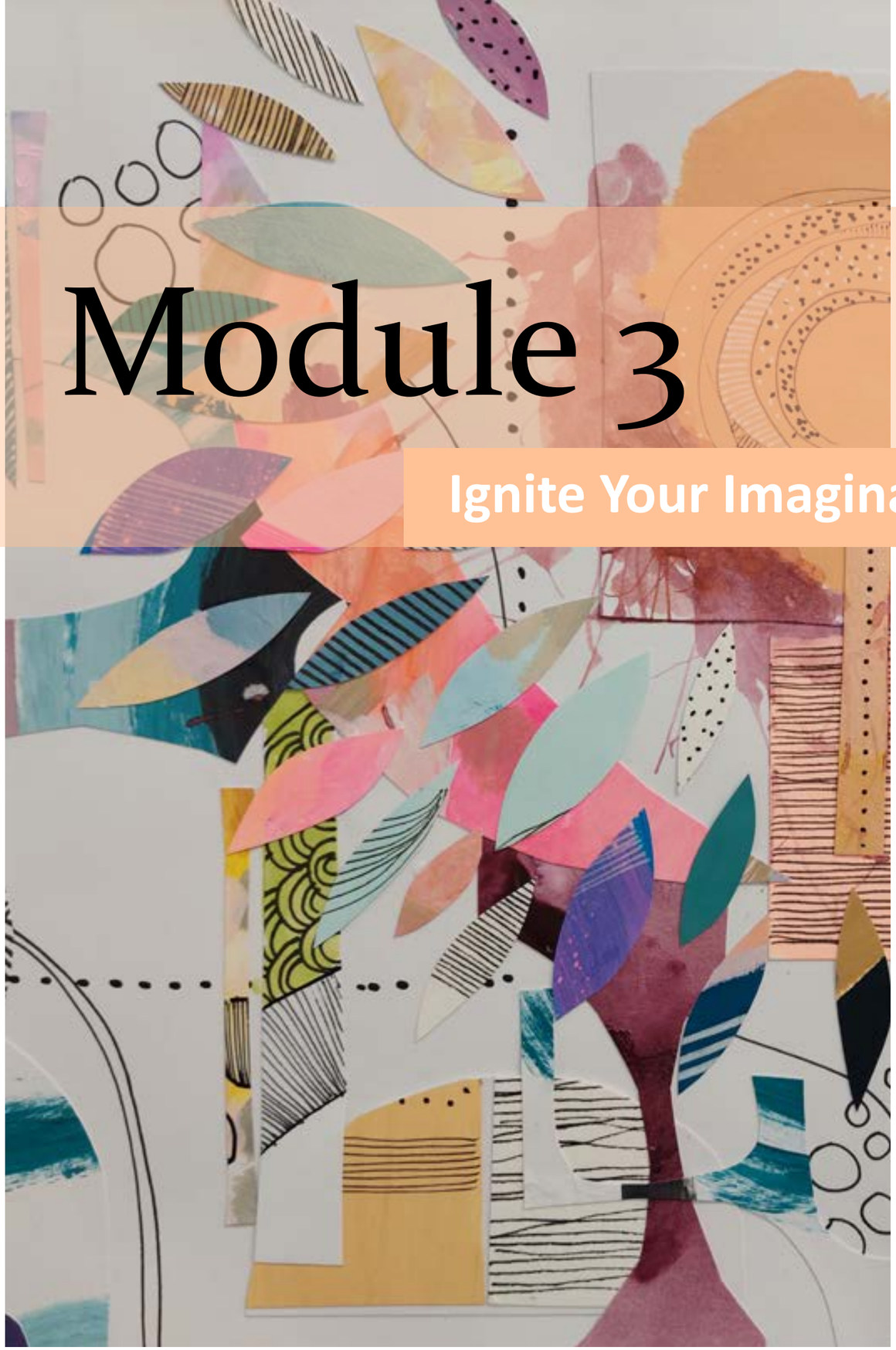
Seven Ways with Acrylics: Developing Your Abstract Style

Focus: Experimenting with abstract acrylics and applying mindfulness strategies to overcome resistance and self-doubt

- Exploring the mindfulness themes of Non-judgement and Curiosity
- Applying observational techniques to detach from feelings of doubt and simply look at patterns, recurring motifs and emerging themes of interest
- Building confidence in a range of techniques to apply acrylic paint to surfaces
- Creating a series of tests to stimulate creative thinking and generate ideas for an A3 abstract painting.

Learning Outcomes

- Learners identifying and understand common creative blocks.
- Participants can articulate the benefits of delaying judgement during the art making process and focusing on observation to help explore motifs, patterns and emerging personal style.
- Learners grow their understanding of abstract art practices, styles and methods.
- Learners explore their own abstract style through their range of experiments and are able to use different types of observational lenses to participate confidently in discussion about their own creations.
- Learners create a collection of tests and experiments that can be used as starter ideas for a larger artwork.



Module 3

Ignite Your Imagination: Collage and Creative Visualisation

Focus: Play and inner exploration. Using collage, mixed media and guided visualisation to connect with imagination and develop confidence in your own creative style and sensibilities.

- Building our capacity for creative play
- Exploring found objects and utencils as art and mark-making instruments
- Cultivating techniques for quieting the mind and enhancing focus
- Creating collage paper with paints, paper and found objects
- Creating a series of unique collages or mixed media experiments using a range of different collage and creative visualisation approaches.

Learning Outcomes

- Learners gain confidence in using playful, intuitive approaches in the art making process.
- Learners experiment and build confidence in using a range of collage techniques.
- Learners use creative visualisation as part of their project toolkit.
- Learners apply the art of visual framing to create interesting collage compositions and borders.

Modules 4+5

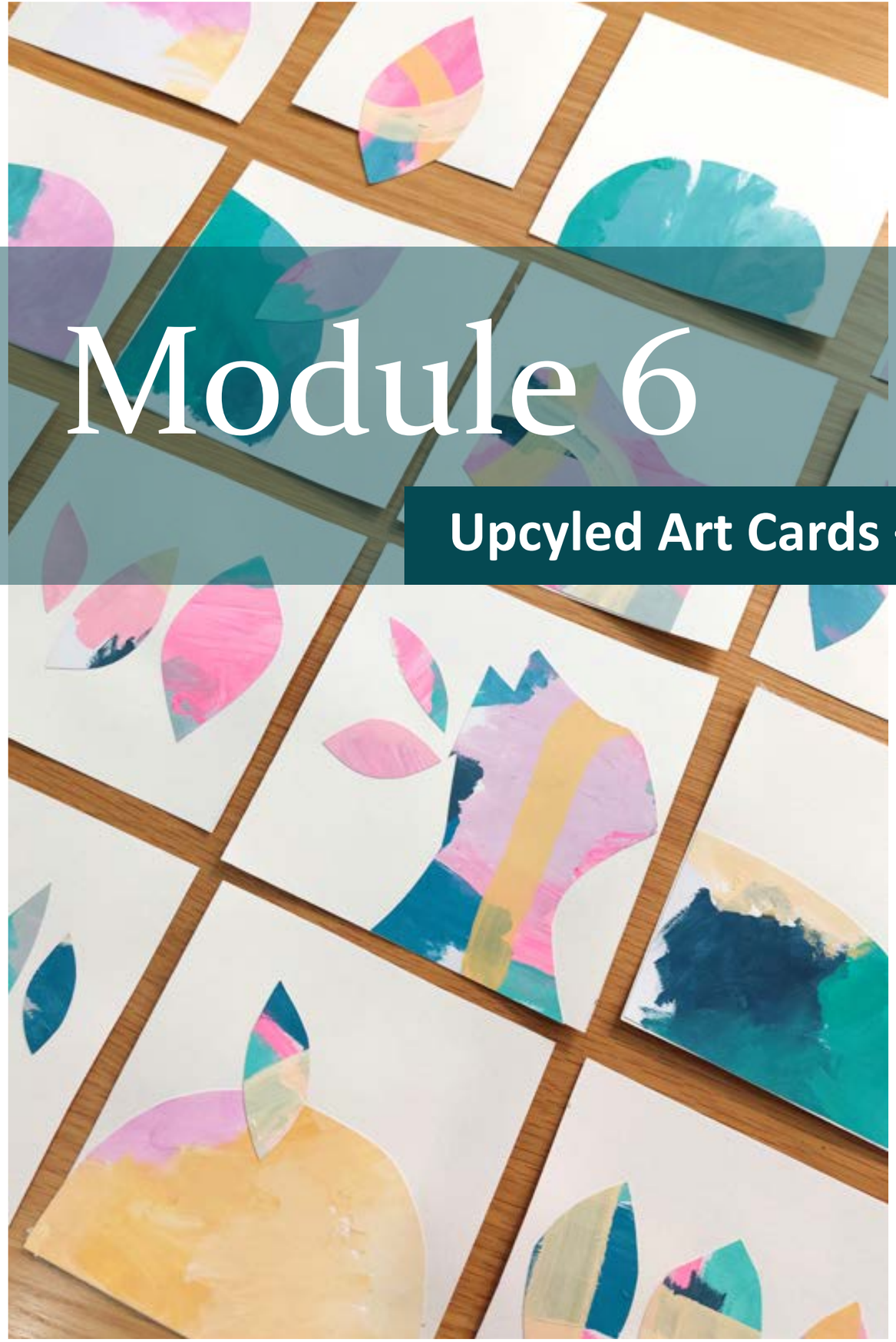
Your Creative Project: a Personal Abstract Artwork

Focus: Over two studio sessions, participants begin and evlove a self-directed artwork with an emphasis on setting dynamic goals that support flexibility and process-oriented thinking.

- Exploring the concept of dynamic goals to ‘stay in the moment’ with creative practice
- Learning about colour theory, and developing test colour palettes
- Selecting a surface, colour palette, brushes and mark making utensils
- Applying mindfulness during the ideation, creation, and reflection stages
- Documenting the creative process through photography, journaling and project logs.

Learning Outcomes

- Learners are adept at building reference libraries of patterns and marks which can inform their creative approach to painting projects.
- Learners are adept at applying mindfulness techniques to observe any barriers that arise during the creative development process, such as distraction, self-doubt, reduced focus, or ‘creative freeze’.
- Learners can reflect on how their artwork evolves during the course of the creative project and celebrate areas of achievement and other areas for further exploration, refinement and experimentation.
- Learners evaluate their dynamic goal and use their project documentation to share reflections on their journey in developing the artwork.



Module 6

Upcyled Art Cards + Sustainability of Practice

Focus: Closure, sustainability, and legacy; using leftover materials to create upcycled cards, reinforcing creativity as a tool for renewal and resourcefulness.

- Integration: creating a personalized mindfulness and creativity routine
- Building sustainability into our practice — using scraps, test artworks and experiment remainders to create custom art cards
- Reflecting on our course journey and next steps.

Learning Outcomes

- Learners integrate new skills and persoal creative style in watercolour, acrylics and mixed media composition to create six unique, hand-made art cards.
- Learners evaluate their own creative practices and develop processes for repurposing scrap and creative remainders, with the goal of being more sustainable and reducing waste in their practice.
- Learners have a plan for their next phase of creative life, incorporating mindful creativity practices into daily life.

Mindfulness...

How do we explore and integrate mindfulness into the programme?

In Mindful Creativity, we embrace mindfulness as a way of relating to ourselves, each other, and our life path with clarity, curiosity, and compassion.

We use creative practices as an opportunity to attend to the present moment through observation, reflective practice and group discussions.

In turn, this process creates a safe, energised space for us to start accessing deeper layers of imagination, intuition, and expressive freedom.

168 Days of Magic blend research-based mindfulness methods, gentle mindset training, creative exploration and group reflection and inquiry.

In each studio session, we explore a combination of:
Mindful Moments: Moments of restful meditation at 1-2 intervals throughout the workshop.
Reflective Practice: Reflective practice is woven throughout the programme as both a personal and creative tool, supporting participants to deepen their self-awareness, build confidence, and recognise their own growth over time. Activities incorporate personal journaling and group discussion on mindfulness themes.

In 168 Days of Magic, these themes include

Beginner's Mind: Participants reconnect with curiosity and openness, approaching each creative moment as if for the first time. This freshness invites discovery, breaks old patterns, and brings joy back into the making process.

Attention and Presence: Students learn to ground themselves in the present moment, redirecting awareness from distraction to sensation. This strengthens clarity and builds the foundation for creative flow.

Non-Judgment: Through noticing and softening evaluative thoughts, students quiet the inner critic and create space for experimentation, play, and authentic expression.

Creative Visualization: Students learn to use guided imagery and intention-based visualization to access new ideas, emotional clarity, and inner creative resources. This module helps them imagine possibilities vividly and bring those insights into their creative work with greater ease, confidence, and inspiration.

Goals & Intention: Participants set gentle, mindful intentions that support exploration without pressure, helping them stay engaged while avoiding perfectionism or striving.

This informs the programme structure:

Settle: nervous system calm, arrival; **Expand:** intuition, play, trust; **Reveal:** Imagination, meaning, symbolism; **Deepen:** personal creative project; **Integrate:** renewal + forward momentum.

Success... what does it look like?

Everyday Moments of Transformation

In 168 Days of Magic, success looks like small, meaningful changes that ripple outward. You pause more often. You breathe more deeply. You create with more freedom and less self-criticism. You bring mindful awareness into moments far beyond the page or canvas, and your life feels a little more spacious, balanced, and inspired as a result.

168 Days of Magic Graduate Profile

- Graduates are skilled in **intuitive, abstract self-expression**, using a variety of mark making and mixed media approaches.
- Graduates are adept at applying mindfulness techniques to **observe any barriers** that arise during the creative development process, such as distraction, self-doubt, reduced focus, or ‘creative freeze’.
- Graduates are confident in **documenting, investigating and sharing** their approach to artmaking. They can explain the journey of an artwork from exploratory sketches to final product.
- Graduates use **observation and reflective practice** as part of their practice of creative growth, development and enjoyment.
- Graduates enjoy enhanced **self-awareness** and can leverage creative practice in support of their personal wellbeing.
- Graduates are **flexible in their approach** and can adjust their expectations to get the best out of their creative endeavors when situations or circumstances change. They exhibit an **open- mindedness** that provides new opportunities to learn skills, make better decisions and be more empathetic.

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Mindful Creativity Toolkit

By Jordan Harcourt-Hughes