

LOR COACHING SERVICES

EPOXY COUNTERTOPS 101



Learn how to rehab an old countertop into a one of a kind piece of art that is beautiful, durable and long lasting. You will learn how to prepare a variety of surfaces for your epoxy pour.

Class size: 8 max/3 min.

Dates, times: Prep and pour 4 hours Oct 15,

Finish and pickup the next day 1 hour

Cost: \$120 per participant

THIS CLASS WILL COVER

- Safety
- Surface preparations
- Pour techniques
- Epoxy Pour on a sample countertop
- Take home your own poured coaster or trivet



Reserve your spot now at www.LorCoachingServices.com



Chenda Lor, CDC & MCLC
Lor Coaching Studio & Gallery
525 Harbor Street, Morro Bay

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805-235-5296



LOR COACHING SERVICES

DESIGN & BUILD A SHED



Learn how to design and build a custom shed using parameters and materials customized for a sample site. This build will serve as an art studio that will be easy to move. We will be using reclaimed windows and doors - at least.

Class size: 3 participants max. No experience required

Dates, times: TBD over 8-10 sessions 3-4 hours long asap

Cost: \$500 per participant

THIS CLASS WILL COVER

- Design parameters for a shed without the need for a permit
- Design an easy to assemble and disassemble shed
- Safe use of construction tools and equipment
- Expert instruction for shed construction



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LOR COACHING SERVICES

SURFBOARD REPAIR AND PAINT



Learn how to fix your old board and paint your own design on it!
If you don't have a board to repair come learn how with us
anyway!

Class size: 6 max/3 min. participants. No experience required

Dates, times: Saturday, November 2nd 1-4pm

Cost: \$50 per participant without a board

\$100 ppl with a board - includes paints and supplies

THIS CLASS WILL COVER

- Simple surfboard repair with quick drying resin
- Surface prep
- Painting techniques with markers, spray paint, and acrylics
- How to seal your board to maintain durability.



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LOR COACHING SERVICES

ARTS-N-CRAFTS WEEKLY HAPPY HOUR

Learn how to watercolor, sew, knit, collage, and to to create beautiful pieces in a relaxing, friendly, supportive and fun environment.

Themes will vary with each session or you can continue with your own work. It's your time to create!

Class size: 12 max. participants. No experience required

Dates, times: Wednesdays-Saturdays between 1pm - 7pm
(3 hour duration)

Cost: \$30 per adult - includes some paints, supplies, and light refreshments

THIS CLASS WILL COVER

- Having fun with arts and crafts
- Some light group coaching
- Lots of positive encouragement to expand your comfort zone while creating your art.



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MONTHLY CRAFT TIME FOR NONPROFIT LEADERS

Learn how to watercolor, sew, knit, collage, and to to create beautiful pieces in a confidential, relaxing, friendly, supportive and fun environment with other nonprofit leaders. Receive group coaching while we make cool stuff. Themes will vary with each session or you can continue with your own work. It's your time to create and unwind with like minded community leaders!

Class size: 12 max. participants. No experience required

Dates, times: Second Wednesdays of each month 5-6:30pm
starting November 13th

Cost: \$20 per participant - includes some paints, supplies, and light refreshments

THIS CLASS WILL COVER

- Discussion topics to be determined by the group and coaching when permitted.
- Lots of positive encouragement to expand your comfort zone while creating your art.



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CUSTOM PAINT PARTY!



Learn how to paint a customized beautiful piece of art you get to keep in a relaxing, friendly, supportive and fun environment with your people. Themes and subject matter will be coordinated with the client. Class size: 12 max. participants. No experience required
Dates, times: 2 hours of painting at the studio or at your choice place
Cost: For up to 12 guests. \$75 per person with a 5 person minimum.
Reserve here and coordinate time / date with Chenda.

Add \$150 for travel and setup/cleanup times in SLO County and client provides the beverage if off site.

THIS CLASS WILL COVER

- Paint supplies and canvas for all participants
- Customized painting instructions for 1.5 hours
- Light refreshments provided for in studio sessions.



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INTENTION SETTING



Come with or without clear intentions and leave with an original collage vision on canvas of your goals. Come connect with a supportive, nurturing, and accepting community in this fun future focused practice. I've already tested this with a group of trusting friends and we all had a blast so I know you'll have fun and leave with clarity for the year!

Class size: 7 max. participants. No experience required. Space is limited, sign up now!

Dates: TBD

THIS CLASS WILL COVER

- Materials and supplies for all participants
- Coaching instructions for 1.5 hours
- Refreshments provided for in studio sessions.



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LARGE HEARTS PAINTING PARTY



Make a beautiful heart painting on a large canvas or wood panel 18"x24". Great for all ages (children 12 and under with adult supervision) and as a cherished gift!

Class size: 5 max. participants. No experience required. Space is limited, sign up now!

Dates, times: Saturday, February 15th 2-4pm

Cost: \$40 pp covers refreshments, materials, and instruction.

THIS CLASS WILL COVER

- Materials and supplies for all participants
- Coaching instructions for 2 hours
- Refreshments provided for in studio sessions.



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WAVE POUR PAINTING PARTY



Make a beautiful wave painting on a large canvas or wood panel 18"x24". Great for all ages (children 12 and under with adult supervision) and as a cherished gift!

Class size: 5 max. participants. No experience required. Space is limited, sign up now!

Dates, times: Saturday, April 5th: 2:00pm-4:00pm & Saturday, April 12th: 2:00pm-4:00pm

Cost: \$40 pp covers refreshments, materials, and instruction.

THIS CLASS WILL COVER

- Materials and supplies for all participants
- Coaching instructions for 2 hours
- Refreshments provided for in studio sessions.



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LOR COACHING SERVICES

MOTHERS DAY PAINTING PARTY



Make a beautiful flower bouquet painting on a large canvas or wood panel 18"x24". Great for all ages (children 12 and under with adult supervision) and as a cherished gift!

Class size: 5 max. participants. No experience required. Space is limited, sign up now!

Dates, times: Saturday, May 10th: 2:00pm-5:00pm

Cost: \$60 pp OR 2 for \$100; covers refreshments, materials, and instruction.

THIS CLASS WILL COVER

- Materials and supplies for all participants
- Coaching instructions for 2 hours
- Refreshments provided for in studio sessions.



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