



KINDRED SPIRITS

Mother-daughter duo Laurie Eastwood and Jaime Myers combine their talents to foster creativity and connection

Written by Tiffini Porter | Photos by Deborah Dekoff

Women wearing headphones scatter through a mountainside home in Park City, each searching for the perfect spot. Some pause to bask in sunlight streaming through living room windows, while others step onto the balcony to breathe the crisp autumn air. For the next 20 minutes, they are separate, yet together, moving to the rhythm of a recorded meditation.

While they come from different backgrounds, and some have never met, they're all here at the invitation of mother-daughter duo Laurie Eastwood and Jaime Myers. The pair lead customized retreats and workshops designed to tap into self-awareness and creative expression. Today, the group will spend an afternoon getting comfortable with vulnerability through writing, making art, and conversations over chocolate.





"I think we both recognize our own strengths and weaknesses, and we respect and honor each other for what we both bring to the table."

—JAIME MYERS

As Laurie and Jaime take their turns guiding the workshop, the inevitable question comes up: how do they work together so well? While they understand that not all moms and daughters could make this dynamic work, the idea that they might not get along still comes as a surprise.

"I just want to spend time with my mom," says Jaime, adding that they have genuinely compatible personalities. The keyword here is collaboration. They each run their own businesses and come together on projects when it makes sense. "I think we both recognize our own

strengths and weaknesses, and we respect and honor each other for what we both bring to the table."

For Laurie's part, she shares her art skills, tools, and prompts to encourage people to express themselves. She says her studio practice is a source of unfettered joy, and the hope is to foster that joy in others. "We're not creating a masterpiece here, we're mastering peace," she says as she moves around a table stocked with colorful art supplies, offering suggestions and support. "Whatever wants to come out, it's ok. We're giving people permission to play."

Laurie's Artistic Journey

Laurie's personal journey as an artist began in the early 1990s while living in San Francisco. She had left a job in art sales and marketing to pursue her own creative practice but hadn't found a clear path. One day, she wandered into a frame shop on Union Street, where she was drawn to a black-and-white image on the table. The owner explained it was a hand-tinted photograph, and the maker happened to be in the room. Laurie was immediately hooked and asked to learn the technique. She had essentially stumbled upon a medium that would shape more than a decade of her life.

Once she'd found inspiration, momentum built quickly. While showing at her first trade show, Restoration Hardware founder Stephen Gordon came into her booth and placed an order. That would be the seed that led Laurie to start her own art production business, J. Christopher Prints—named for her children, Jaime and Christopher—and a focus for years to come. "It was a huge success," Laurie says, thinking back on days spent traveling around the country, making deals with major retailers like Macy's and Neiman Marcus. "And I loved it—until I didn't."

Everything would come to a head for Laurie at another tradeshow in Atlanta in the early 2000s. Standing in her booth, she struggled to keep it together. She had searched her heart and soul and realized this was no longer her path. Taking a leap of faith, she closed her factory, cleared out her inventory, and moved to Park City for a fresh start. The pivot was anything but easy.

For the next 10 years, Laurie got involved in her community, read a lot, took classes, and avoided her studio altogether. Her search for inspiration kept hitting dead ends until her daughter brought forward an idea that would show the way.



BODYWORK | ESTHETICS | HOLISTIC MED SPA
WWW.ALIGNSPA.COM (435) 647-9300

Our Story IS Your Story



LOVE PRINT!
Subscribe to PCStyle Magazine Today

PARK-CITYSTYLE.COM





The Path to Collaboration

While her mother was founding, growing, and eventually leaving her business, Jaime was on her own path of self-discovery. She attended San Francisco State but felt unfulfilled, never quite finding her “thing.” Then, at 21, she took a transformational course at a personal development center. The experience sparked a deep interest in human potential, learning, and relational dynamics. She continued studying, joined the organization’s staff, and eventually began leading workshops in Los Angeles for a leading learning and development organization.

Jaime settled into her career, spending a decade leading workshops while raising her two young sons. Although the lifestyle

seemed ideal—flexible travel, meaningful work, and family time—she could feel the ground shifting beneath her. Feeling resistant to change, but ready to move on, she began formulating ideas about building something of her own.

In following her instincts, Jaime’s biggest challenge became trust. Despite 20 years of experience and an extensive toolkit, she found it hard to rely on her own inner guidance. She turned this struggle into the foundation of her work, basing her approach on the question in her mind: how do we trust ourselves and lead from our own true nature? Using the analogy of an acorn, she emphasizes that people are already whole, with everything they need to find meaning and realize their potential.

By 2013, Jaime had founded a retreat-based business, leading experiences across the West and in Costa Rica that integrated experiential learning and immersive environments to help people find clarity and purpose. Now based in Park City, her work has continued to evolve, including the early and ongoing collaboration with Laurie to bring in an artistic expression component.

Remembering the moment when Jaime approached her, tears well up in Laurie’s eyes. “I gave birth to Jaime, and she gave birth to me,” she says, smiling as she cries. After feeling lost for so long, it felt like a rebirth when Jaime presented an opportunity to focus fully on art again. From that time forward, they have worked together while maintaining their individual practices, sharing what they learn along the way.

As the afternoon fades and the retreat comes to a close, no one seems eager to leave. Strangers have become friends, their lingering a sign that this latest collaboration has been a success. Serene looks and heartfelt comments reflect the intent behind everything Laurie and Jaime have done, and the space they’ve created to help others flourish. At the heart of it all is connection—connection with self, others, and nature. Once the noise clears and those connections are made, creative spirits have room to grow. ■

LEARN MORE

To learn more about Laurie and Jaime, including how to attend workshops and retreats, visit: laurieastwoodart.com and shinelifedesign.com