

SoulCollage® Workshops February 2016



February 5-6

**The Episcopal Church
of the Redeemer**
2944 Erie Avenue
Cincinnati, Ohio 45208

Program: \$60

SoulCollage® Introductory Workshop

SoulCollage® is a creative process that combines creativity, spirituality and psychology. It's a gentle way of exploring one's life journey, and an intuitive process that allows discovery and acceptance of who you are. In this intentional spiritual practice you can experience personal healing and growth, by recognizing and honoring the different aspects (light and shadow) of the authentic self. Through a process of cutting and pasting images, participants create cards that will help them access their inner wisdom and quiet their thinking mind – creating space for discernment and inner peace.

Friday Evening – Introduction and contemplative exercises

Arrival Time: at 6:00 pm

Program: from 6:30 to 9:00 pm

Saturday – Studio time with in depth card readings

Arrival Time: 9:00 am

Program: from 9:30 am to 4:00 pm

No art experience is required. 18+

Lunch is not included. All art supplies and snacks are provided.



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Facilitators: **Fabricia Duell and Mooydeen Frees**



February 27

St. Thomas Episcopal Church
100 Miami Avenue
Terrace Park, Ohio 45174

Program: \$30

Path to Awareness

A SoulCollage® and Walking Meditation Day Retreat

Life is a journey each of us embarks on when we are birthed as a human being. It is a quest to realize our full potential – to awaken and be transformed by our human experience. Like heroes on a mythical journey, we struggle with our choices as we travel the path in search of the "abundant life." Maturity teaches us that this can only be found by paying attention to the present moment. Join us for a creative day that utilizes SoulCollage® and walking labyrinth meditation to unlock the inner wisdom we need to live more intentionally. This retreat will combine creativity, contemplation and companionship. A 24 feet canvas labyrinth will be available for walking meditation.

Saturday – From 10:00 am to 4:00 pm

Arrival time at 9:30 am

No art experience is required. 18+

Lunch is not included. Art supplies and snacks are included.

TO REGISTER

www.artspiritualconnection.com

On-line registration only.