

Yavneh SoulCollage® Workshops: Spirit, Wisdom, Intuition

Come nurture your soul in a relaxing and creative journey of self-discovery. Learn how you might complete the sentence "I am one who..."

Through the art of collage, Doreen Clark leads you in a process designed to help you discover your inner strengths, wisdom, and intuition. The SoulCollage® method, created by Seena Frost, is both fun and playful. At the same time, it often yields profound insights. No special skill or artistic experience is required. Using images from magazines and other sources, you will create your very own 5"x 8" SoulCollage® cards and then you will learn how to use these cards to gain insight and self-knowledge. Sessions are open to followers of ANY spiritual path(s), or seeking one.



The four February SoulCollage® sessions are:

1. Card-MAKING session SUNDAY afternoon, 2/8, from 1pm-5pm (schmoozing from 1-2, session from 2-5)*
2. Card-MAKING session MONDAY afternoon, 2/9, from noon-4pm (schmoozing from 12-1, session from 1-4)*
3. Card-READING session MONDAY afternoon, 2/23, from 1:30-3:30pm, and
4. Card-READING session TUESDAY evening, 2/24, from 7:00-9:00pm

The focus for our sessions this month is on the Community suit. This suit contains cards for those beings that impact your personal story with their special energy. Ancestors, teachers or authors who inspired you or challenged you, your children, your partner, your siblings, your friends, your pets, famous people, special places—any of these who have influenced your life and who you are today can be included in this suit. Although it is not at all required, you are welcome to bring pictures or any other images that you associate with people/pets/places for which you might want to make a community suit card. And of course, you don't have to make a card in this suit—you are always welcome to make any card(s) you feel drawn to make.

In the case of the card-making sessions, you are welcome to start collaging as soon as you get here, even during the schmoozing/snacking hour. [If you are new to SoulCollage®, I will give you a quick introduction during that hour.] [If you are brand new to SoulCollage®, or haven't made many cards yet, you can still come to a reading session and you can borrow others' cards to use.]

Each session is limited to eight participants, and takes place in the home of Doreen Clark and Lewis Copulsky in North Raleigh. There is a suggested full fee for each workshop, and suggested other levels of fees, and each participant self-selects their payment, which is made anonymously in a basket. The full fee for card-making sessions is \$35, and it is \$20 for card-reading sessions. Suggested fees for Yavneh members are \$20 for card-making sessions and \$10 for card-reading sessions. Suggested fees for those of limited income, for any reason, are \$10 for card-making sessions and \$5 for card-reading sessions. Suggested fee for those with no income is \$0. These are just suggestions! You are always welcome (and encouraged) to pay whatever your head and/or heart tell you. To reserve your spot for a session, email Doreen Clark at doreen@lewisclarkinc.com. For more information about SoulCollage®, go to www.soulcollage.com.

About Doreen Clark, workshop leader: Doreen Clark began participating in SoulCollage® workshops in April 2013, and became a licensed SoulCollage® Facilitator in November 2014. Doreen is a former pediatric speech-language pathologist, gift basket business owner, newsletter publisher, market researcher, day camp counselor, preschool librarian and storyteller, and a few other identities, too. For over 24 years, she has been very actively participating in the Jewish and interfaith communities in the Raleigh NC area.