



Moving With Your Instinctual Body: A SoulCollage® Journey

You are invited to journey with a sacred circle of women using intuitive artmaking to call in and connect with the wisdom of the animal world to serve as guides to strengthen your body's instinctual nature to ground, protect, and connect to your power, your heart, and your voice. Using your own inner wisdom, you will create SoulCollage (r) card(s) to identify Companion animal energies that can serve as your soul's spiritual helpers. By letting the images speak and possibly move, you can receive guidance, empowerment, and develop insight. Sharing in a community experience offers a powerful way to receive support, be witnessed, and feel connected both to yourself and to others.

The SoulCollage® process was developed by Seena B. Frost, M.Div., as a mixture of joyful art play and as a healing guide using your intuition and the potentiality of symbols. Information from the cards arises from readings, journaling, and sharing.

DATE: Sunday, February 8th, 2015.

TIME: 1 – 4:30 p.m. (12:30 if you are new to this process)

COST: \$45 (includes all materials and snacks)

PLACE: The Bainview Cottage, 2046 Tenth St., Redding

FACILITATED BY: Alexa Singer-Telles, LMFT. Alexa is a practicing psychotherapist who has worked extensively with movement, dreams, writing, and the expressive arts as avenues of healing and joyous expression. She was inspired to become a SoulCollage® facilitator to bring “the beauty of spirit into form.”

REGISTRATION: Space is limited, please register early. Mail your check to Alexa Singer-Telles, 448 Redcliff Drive, Suite 104, Redding, CA 96002. For more info and to register, call 530.246.8317.