



ART
WORKS!
STUDIO

Opening to Wonder SoulCollage® Workshop

Remember your inner child full of wonder and curiosity? Finding delight and enchantment in everyday life? As adults we are bombarded with information and the responsibilities of the outside world. In this workshop, we will call to the “Child of Wonder” who resides within all of us. Through journaling, card reading, and group discussion we’ll explore the meaning of wonder and how to bring more of that sense into our lives.



I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man? ~Zhuangzi

SoulCollage® is **an expressive arts practice done individually or in community**. Founded by Seena B. Frost, the method develops creativity and intuition, encourages self-discovery, and provides personal guidance. SoulCollage® meets you wherever you are on this journey called life. You don’t have to be an artist to make SoulCollage® cards. Anyone can create and enjoy this powerful practice.



SoulCollage® is a transformative method, has many applications, and involves images and glue. The SoulCollage® method helps us discover our unique inner/outer guides and challengers in life.

We explore and express ourselves by making cards, sharing cards, journaling, and consulting our cards about our own life questions. SoulCollage® is a trademarked method which abides by the Principles of SoulCollage® and only facilitators trained in the method can offer workshops.

Sasha is a certified SoulCollage® facilitator and an experienced expressive and traditional arts educator/consultant. SoulCollage® has become an important part of her personal practice.

“The advice I would you give to others who are practicing SoulCollage® are: listen to your body, be open to changes in perception and enjoy the ride!” ~workshop participant



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What you need for an online workshop...

If you live in the US and you have registered at least one week in advance, I'll be mailing you a "kit" that contains, 3 blank white collage cards, some images, and a welcome letter. I will also email you the zoom link, and some handouts for you to use in this workshop and for when you next make SoulCollage® cards.

We ask you to set up your space before we start as follows:

- Please create atmosphere that allows you to work in a concentrated meditative manner, away from distractions, in an area with good light and that gives your privacy
- Have in front of you an empty space that allows you to write
- Have a stack or a box with different images (in addition to the the images I have sent; you can also have on-hand, pages that have caught your attention and that you have torn out previously. We will not be using words).
- Scissors (some people like very thin one to finely cut out images, but the bigger ones will work, as well)
- A glue stick
- Your notebook/journal and a pen
- Something to drink (concentration makes you thirsty ;-)



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I look forward to ARTing with you, Sasha