Love Notes from the Soul

A SoulCollage® Day Retreat for Women

with Hazel Smith Hutchinson, SoulCollage® Facilitator and your Beautiful Self

Prerequisite: Intro to SoulCollage®

Saturday, September 8, 2012 9:00 a.m. — 5:00 p.m. 616 East Republic, Salina

Sacred Space Sacred Music Drinks Simple Soup/Salad Lunch All Supplies Abundantly Included



It's also helpful to realize that this very body that we have, that's sitting right here right now... with its aches and its pleasures...is exactly what we need to be fully human, fully awake, fully alive.

— Pema Chodron

A Luscious Day of Soul Tending:

This unique Day Retreat offers time and quiet space to continue your SoulCollage® Journey by making cards or giving attention to cards you already have in your deck.

- Deep Guided Meditation
- Journaling
- Creating/Mending/Tending SoulCollage® Cards
- Ask important and timely life questions of your own cards.

SoulCollage® — Love Notes From The Soul
Acknowledging and honoring your soul's journey and
listening to your inner wisdom.

REGISTRATION

Send nonrefundable* fee of \$45 (\$40 before August 29) to: ArtEnSoul, 616 East Republic, Salina, KS 67401

*If you have to cancel, your deposit will be applied to a future ArtEnSoulTM event.

What to bring: All your <u>SoulCollage® cards</u>, backing material if you have your own, and your <u>journal</u>. Backing material and journals will be provided if needed.

— Intro to SoulCollage ${\mathbb R}$ and previous card making required. —

An ArtEnSoulTM Event