

# SoulCollage®

## Workshop & Labyrinth Walk

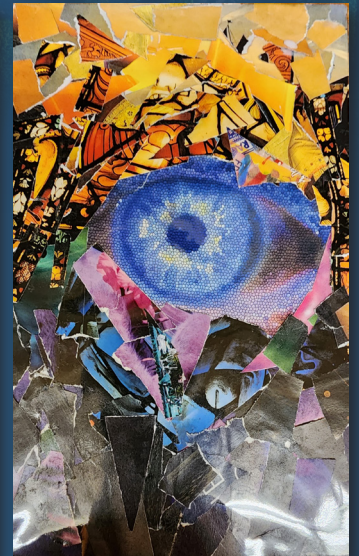
**Saturday**  
**May 11, 2024**  
**9 AM – 12 PM**

**Ripley Chapel at First Congregational  
Church, 21 Church Street, Winchester**

SoulCollage® is a collage process for accessing your intuitive wisdom, an embodied mindfulness practice that calls you back home to your inner world through your senses. It provides a grace-filled space to fuel your own forgotten flow of calm and creativity. Using scissors, glue, images, photos, and 8" X 5" mat board, you will be led on a path of self-discovery. **No art experience necessary.**

We will couple our "soul" work with a labyrinth walk in the church's peaceful Reno Garden.

Although there is **no charge for the workshop**, a freewill offering will be taken. All materials, snacks, and drinks are included.



### **To register and for more info:**

Contact Jane Ring Frank, Minister of Worship and the Arts, 857-919-0983  
or [jringfrank@gmail.com](mailto:jringfrank@gmail.com). Registration is limited to 10 participants.