

SOUL COLLAGE®

For Insight and Well-Being

Sat, Aug 4, 2018 | 9:30am - 4:30pm

Your Many Selves

You are probably familiar with being surprised at something you have unexpectedly said or done. Whether its a wise and articulate flow of words or a disappointingly unkind action, different selves seem to be acting at different times. Indeed, we are not one self,

but many. In SoulCollage® participants use images from magazines and other media to assemble small collages to discover these "sub-personalities." That which supports and sustains is illuminated, that which blocks or undermines is seen more

clearly. Through this work, one can bring conflicting voices into dialogue, learn to access deeper wisdom, find kindness and compassion for all parts of oneself, and experience new approaches to overcoming self-created obstacles to happiness.



Facilitators: Anne Senryu Pechovnik
and Rinzan Pechovnik Osho

No art experience is necessary. All materials are provided by the facilitators. There will be a 45-minute lunch break; you may wish to bring a sack lunch to enjoy.

Please pre-register, and for more information, email Anne Senryu Pechovnik at contact@pathfishstudio.com. This is a **FREE** event to which all are welcome. Donations support Chobo-Ji.



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