

Come create a
“SoulBook”
at Pebble Cove Farm
On Orcas Island!



Sometimes we need reminders of who we are, what is meaningful to us, and how far we have come in our life. In confusing, lonely, or worrisome times, a SoulBook will be a sweet treasure to you. It will help you remember the important things in your life when you need to be reminded the most.

A SoulBook is a hand made book that tells all about YOU, your life and what is important. It's a compilation of words, phrases and images that have meaning to you. It's a reminder of all the things you know in your heart to be true. During the workshop you will be guided through some soulful activities and create your book while making sweet connections with others - something we all need so much right now!

The book will be made of chunky cardboard pages held together in a very specific way. Each page will then be decorated and embellished. This will be the time to experiment with multi-media collage, one of the the most fun and fulfilling art techniques because anything goes for creating color, texture and personal meaning. No previous art experience is needed!

You will receive printouts of images, words and sentences to choose and cut out, for your pages- things that every person wants to remember and we sometimes forget.

You are not limited to the words and images provided. You can type your own words or hand write them. Words and photos can be cut out from old magazines or books. There are no rules for what you can create!

I want your SoulBook to be so special that it becomes a life-long treasure.

MANY supplies will be provided, however, I suggest that you bring anything you might like to include. For example, you might choose some meaningful photos. Consider pretty buttons, charms, pieces of fabric, special paper, receipts, tags, notes or cards you have kept...anything that makes you happy and brings peace and joy to your heart... and that you can GLUE down into your book.

The book will consist of about 10 - 6" x 9" pieces of cardboard. You can decide how many pages you'd like. I ask that you bring your own 6"x9" precut pieces of cardboard just from a plain cardboard box. It doesn't really matter if there is printing on it. You will be covering it up. It is best to use cardboard that doesn't have a shiny surface.

Materials provided

Personalized materials pack with words, images and instructions

Scissors

Paint/paint brushes

Papers, stickers, fabric scraps, and other embellishments

Glue sticks and modpodge

Please bring the following

Water bottle with cover

Sack lunch

10 pieces of precut 6"x9" cardboard (you can decide the final number of pages)

A roll of masking tape or painters tape

Any type of special materials you want to include in your book: paint colors, photos, images, embellishments, etc

Details

-Pebble Cove Farm- Orcas Island - pebblecovefarm.com

-September 10, 2022

-10am-4 pm

-\$100.00 due at time of registration. Payment by Venmo (@Jodi-Spitalli) or personal check

-Call or email Jodi Spitalli, for more information and to register

-Certified "Soul Restoration" Facilitator

jodispitalli@gmail.com

206.715.7953

*Please plan to share your 3 favorite colors and a few of your favorite songs when you register!