

Manifest Your Vision

SoulCollage®

with Kelsey Zienkiewicz

Friday, October 16

7:30PM-9:00PM

\$20 per person (\$25 at door)

True Creativity Without Criticism, Competition And Comparison Is A Rewarding And Meditative Practice, Highly Beneficial To Health & Well Being - Welcoming And Inclusive To All!

Join us for a fun, inspirational evening of creativity and personal exploration through the art of Soul Collage – no art experience necessary! Soul Collage is an intuitive exploration into self-discovery using images and collage to reflect, inspire, and manifest our intentions.

Kelsey will guide you in creating your very own personal vision board that reflects your personality, goals and dreams. This workshop will allow you to deepen your understanding of yourself and tap into your inner wisdom. You may be surprised by the depth of feeling that comes up as you embrace your individual uniqueness.

Soul Collage can be used to promote balance, healing, and deeper connections to others and your subconscious self; each card representing one aspect of your personality and soul. You will leave with a beautiful soul card you created, providing guidance and inspiration for future self expression.

Workshop Includes:

- One blank Soul Card template and protective sleeve
- Recycled magazines to help create your vision
- All other supplies: scissors, pens, stencils, glue
- Feel free to bring any personal photos, fabrics, inspirational quotes, etc. to further personalize your vision

Space is limited. Pre-register online:

<https://www.updogyoga.com/workshops/workshops-rochester>

