



SoulCollage®

3 August 2024

9:00-13:00

"This is what I believe:

That I am I.

That my soul is a dark forest.

*That my known self will never be more
than a little clearing in the forest."*

DH Lawrence

Theme: Forage & Feast

Explore your soul, discover untapped resources within

Venue: Oudekloof Wine Estate, Tulbagh

Cost: R500

includes all art supplies

SoulCollage® is an expressive arts practice that promotes self-discovery and self-acceptance. It involves the playful exploration of images and the collaging of personal cards that can be applied in various meaningful ways.

No artistic talent is required.

The workshop is hosted by
In Balans Coaching & Training

It will be facilitated by Retha Roux,
a Counselling Psychologist specializing in
psychotherapy and Jungian Sandplay Therapy

