



# 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*

**Book here**



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  
[www.inbalans.co.za](http://www.inbalans.co.za).

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



# SoulCollage®

**DISCOVER YOUR WISDOM. CHANGE YOUR WORLD!**

## **What is SoulCollage®?**

*SoulCollage® is a collage process, in which someone makes a personal deck of cards, one card at a time. It is easy, fun, and satisfying. The process is used world-wide by individuals and in groups (families, churches, schools, therapy, coaching, and many other contexts).*

## **Roots**

*SoulCollage® is a trademarked method developed by Seena B. Frost, a psychotherapist and supervisor who studied theology at Yale Divinity School. She used healing modalities informed by spiritual traditions and the therapeutic theories of CG Jung, Fritz Perls, Roberto Assagioli, Virginia Satir, and others.*

## **The Intention of SoulCollage®**

*It offers a flexible, creative, accessible, and inclusive tool that can be used as a practice for our own exploring, healing, and growth, so that each one of us can manifest our unique potential in increasingly balanced, compassionate, and joy-filled forms, both individually and in community.*

***Read more on [www.soulcollage.com](http://www.soulcollage.com)***

