



Walking the Labyrinth and SoulCollage Workshop

Saturday 23 March, 9.30 am – 4.00 pm

Venue: St Faith's Hall, 4 Charles Street, Glen Iris VIC 3146

Walking the Labyrinth and SoulCollage are two spiritual practices: one ancient and one modern, that help us quiet the mind, and open the heart. Walking the labyrinth can be a meditative process, a metaphor for your life and a personal practice for healing and growth. Creating SoulCollage images can open doorways into your imagination and your intentions. Both practices help you to discover your inner wisdom and find answers to life's problems.

Helen Summers

Certified Veriditas Advanced Labyrinth Facilitator



Helen has walked the labyrinth as a spiritual practice since 1992. The transformative insights she gained led her to train with Rev Dr Lauren Artress to help people of all faiths to access their inner wisdom. Helen is an Interfaith Minister and a Chaplain at a university where she facilitates labyrinth walks for students.

Gretchen Thomas

Certified SoulCollage Facilitator



Gretchen's work is focused on helping people develop their spiritual practices including SoulCollage as a tool for self-understanding and transformation. She trained with Seena Frost who developed this intuitive creative process. Gretchen is a Unitarian Minister, retired from parish ministry.

Join us to explore the transformative power of the Labyrinth and SoulCollage

Registration: <https://www.trybooking.com/CPUER>

**Adults only
(no children)**

Payment Options: \$25, \$50, \$90 Choose payment option.

This Workshop is not supported by a grant.

We wish to make this important work available for all.

Refund policy: up to one day before event.

Tea & coffee is provided.
Please bring your own lunch.

Materials will be provided



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