

Discover SoulCollage® An Introduction  
Tuesday 9:00am to 10:45am  
Amanda West, Bette Beauregard and Debra McGuire  
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### Weekly Topic Format

Class 1 - June 3rd \*SoulCollage® history and instruction of card making  
Class 2 - June 11th \* card making and instructions on reading, journaling  
Class 3 - June 18th \*SoulCollage® theory, card making and card reading  
Class 4 - June 25th \*SoulCollage® Visualization, journaling, card making  
Class 5 - July 2nd \* card making and card reading  
Class 6 - July 9th \* Discussions, card making, journaling  
Class 7 - July 16th \* Discussions card making, journaling  
Class 8 - July 23rd \* closing Class, card Gallery

### Class Content

This will be an introduction class about a process called SoulCollage®. This is just one of many ways to access our imagination and intuition with a healthy curiosity about ourselves. **You do not need to be an artist.** This is not about creating art, although it turns out to be just that. This is about learning a way to access parts of ourselves through finding images from magazines and books; and collaging them onto an 5”X8” card. Once you make a card, you will begin to learn how to discover what the card has to say. You will learn to read the card, gently tapping into your inner wisdom. Many find that the process holds many valuable surprises.

### Class requirement for supplies

**You will need to purchase a starting SoulCollage® kit.** We will provide the scissors, cutting boards, x-acto knives and images. These SoulCollage® kits can be purchased through Amazon. Please note that if you are a Prime member, then shipping is free. Type in SoulCollage® Supplies into the search bar. You want to purchase the SoulCollage®card making supply pack, which cost \$16.95. Add \$4.99 for shipping, if not Prime. If you are interested in purchasing the kit with the book, the cost is \$39.95 plus \$5.99 shipping. The book is not required for class.

If you have any questions please call or email Amanda West @707-631-3949  
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