



Presents
an online SoulCollage Course:
The Empowered Giver

October 1st - 31st 2020



As someone who puts others first, do you ever take time for yourself?

Why not gift yourself a soulful October focused on your own well-being and self-care?

This is an online SoulCollage course designed for those who are experts in the role of giving in their professional or personal lives, and who, somewhere along the way, have forgotten to fill their own reserves.

“To be what we are, and to become what we are capable of becoming, is the only end of life” - Robert Louis Stevenson.

SoulCollage will show you aspects of yourself you had forgotten. Through the images you make, you can discover wisdom and restore your inner balance.

Give yourself the gift of time; time to reflect, to renew and invigorate, to learn through your own creativity and lead you to an intuitive inner understanding.

You do not have to be an artist. You just need you and a willingness to know yourself better.

This course will:

- ❖ Support you in coming to better know your intuitive self and its capacity to lead you to your own soul medicine
- ❖ Encourage you to get to know your personal 'Square Mile' and find its places of meaning and resource for you
- ❖ Introduce you to your Witness, Inner Committee, and Protectors and Companions you didn't know you had
- ❖ Show you ways of coming into a gentler and mutually respectful relationship with your inner critic
- ❖ Help you envision and find your renewed, refreshed, resourced Empowered Giver
- ❖ Resource you with a complementary pack of images and blank cards to begin making your own SoulCollage cards

Are you ready?

How it will work

We will connect in our own closed Facebook Group where I will share weekly live recorded teaching sessions to join in with or access later at your own convenience. There will be follow-up Zoom meetings to learn and share together. You will be further supported by a weekly email on the areas we cover and suggested further reading. You will need an email address and a Facebook account to participate.

If you prefer to work one to one rather than on a group Zoom please enquire as there will be spaces allocated for this choice too.

For more information please message me, Sam at The Soul Shed on Facebook or at samanthataroni@gmail.com

Dates

Resource packs will be sent out during the last week of September with guidelines for you to start making your cards.

The course will run across October:

Thursday 1 October: The Facebook Group will open with an introductory Facebook Live session recorded at

Sunday 4,11,18,25 October and 1 Nov: Our Facebook live sessions will be recorded on Sundays at 3pm and available thereafter.

Friday 9, 16, 23, 30 October

or

Saturday 10,17,24,31 October: Our Zoom meeting and sharing sessions

Please specify when booking which day you would like to join.

Resources:

- ❖ Complimentary SoulCollage starter pack sent by post containing blank cards and array of images to get going with
- ❖ 4 x Zoom meetings of 1.5 hrs to deepen and share your creative process
- ❖ 4 x Facebook live sessions with learning resources delivered to you by email.
- ❖ Access to a Closed Facebook Group for the duration of the course.

Course Requirements:

A Facebook membership (can be temporary) to access the materials. No Zoom membership required - just internet access and a device to access the meetings.

Cost:

£155 payable at time of booking.

2 x discretionary bursary places available on each course for those adversely financially impacted by the Covid 19 pandemic.

Please enquire if needed.

Contact Samanthataroni@gmail.com to learn more or to book a place. Visit and like our page at www.facebook.com/thesoulshed to hear

more about SoulCollage and to learn of more opportunities and courses from The Soul Shed.

Experienced SoulCollagers in Europe, the US and beyond are also very welcome to this course although you will need to supply your own images as Air Mail is not getting packs delivered reliably internationally at this time.