SoulCollage®

Self-Care & Unfolding in Community with the practices of SoulCollage®, Yoga, and Meditation

Co-facilitated by
Joanne Rocky Delaplaine, CIYT
and Suzanne Oliwa, LMT,
trained SoulCollage® facilitator

Join Rocky and Suzanne in Suzanne's serene collage studio for a day of immersion in the practice of SoulCollage®. Rocky will lead us to presence in our bodies, and in this moment, with guided yoga and meditation practices. Suzanne will share the process and practice of SoulCollage®, and facilitate the hands-on practice.

All practices in this mini-retreat can be shared in community, taken home as models of self-care, and enjoyed fully during this lovely day of creativity and rest.

When: Saturday, May 6, 2017
When: 10am – 4pm
Where: Chevy Chase, MD
(directions provided upon registration)
Bring: a journal (optional), bag lunch
Provided: All supplies, tea and snacks

Early bird registration: $105.00 (by 4/22)
Regular registration: $120.00

Register online at **www.SoulCollageWithSuzanne.com**