

# VISIONING COLLAGE WORKSHOPS

## VISIONING 2010 A COLLAGE WORKSHOP FOR THE NEW YEAR



What does your heart want for 2010? What are you ready to leave behind? What is your soul prompting you to express? What longing lies hidden behind old fear? With guided meditation, we will explore our visions for the new year. We will create a collage showing who and what supports you, what can now fall away and what we need to most fully manifest our soul's purpose in 2010.

Sunday, January 17, 2010  
10 AM ~ 5 PM

## THE FOUR~CHAMBERED HEART



Understanding the intricacies of our hearts adds depth and insight into our relationships with ourselves, with our loved ones and with Source. Using guided meditation, we will explore the inner terrain of each of our hearts' four chambers, the pathways and connections between them, and create a collage based on our imaginal discoveries.

Saturday, March 27, 2010  
10 AM ~ 5 PM

Two unique workshops combining the inward focus of guided meditation with the tactile, outward art of collage to facilitate clarifying intention and positive, harmonious manifestation of intent in the physical world. Together, these tools encourage balance between the mental, physical and spiritual realms of existence. \$95 fee per workshop includes all materials. \$50 non-refundable deposit required to reserve space.

Call either Kim or Rabia for registration or further information.

## FACILITATORS

KIM BIRDSONG, MA  
Transpersonal Counselor  
DreamTending practitioner  
Collage Artist  
For information please visit  
[WWW.TENDINGDREAMS.COM](http://WWW.TENDINGDREAMS.COM)  
TEL: 831.624.2150

RABIA ERDUMAN, CHT  
Transpersonal Hypnotherapist  
Craniosacral Therapist  
Reiki Master  
For information please visit  
[WWW.WUWEIWU.COM](http://WWW.WUWEIWU.COM)  
TEL: 831.642.2358