

SAAJA will host "Connecting to Your Inner Psyche using SoulCollage®"



Workshop Presenters: Catherine Anderson and Elize Rowan

**Venue: C.G. Jung Centre, 87 Main Road (Opposite the Baxter Theatre)
Rosebank, Cape Town**

Date and time: Saturday 1st September, 9am - 1 pm

What is SoulCollage® ?

Jung noted that by taking a thing apart, getting to know the parts intimately, and then letting the parts come back together, transformation occurs. In like manner, our many pieces of soul can be consciously and imaginatively collaged into a new and more vital oneness. This is what we are about in the process called SoulCollage® which was created by Seena Frost. We select (or are selected by) images that are numinous to us personally and collage them onto a card. Later we can work mindfully with the images just as we would a dream. This is a powerful way of letting what is hidden within our depths bubble up from the personal or collective unconscious. The images on our cards can help us recognize and retain vital parts of ourselves. They can challenge, surprise, and even horrify, but now we can understand and integrate them into our whole psyche. This will be an experiential workshop where you will make your own cards and learn how to give them a voice. All supplies necessary to make cards will be supplied. You can find out more about the SoulCollage® process at www.soulcollage.com

About the presenter:

Catherine Anderson trained with Seena Frost, the creator of the SoulCollage® process, in 2004. She is an experienced SoulCollage® Facilitator Trainers world-wide, and teaches workshops and trainings in various states where she lives, as well as in France, Italy, and South Africa. Her interests are focused on transformation and self-discovery. She is a retired attorney, the author of a book on creative photography and has a deep interest in photography as meditative practice. She also facilitates workshops on the creative process and uses the labyrinth archetype as a tool for transformation and intuition. Her website is www.creativepilgrimage.com



Catherine will be assisted by **Elize Rowan**, a SoulCollage® Facilitator who lives in Somerset West. Elize has a honours degree in Psychology and a long interest in dreams and Jungian psychology and has been facilitating weekend SoulCollage® workshops in South Africa for the past five years.



BOOKING ESSENTIAL – saaja@mweb.co.za. Subject – C Anderson

Cost: R800

Tea/coffee and muffins included.

Banking Details:

Std Bank Rondebosch. Current Acct.

Acct Name: SAAJA

Acct No: 072975059

Branch Code: 025-009

Reference: Your name & AC

NB: CHEQUE OR CASH DEPOSITS CARRY A R50.00 BANK FEE WHICH SHOULD BE INCLUDED IN THE DEPOSIT. EFT PAYMENTS CARRY NO CHARGES.

Please note: PARKING

Please park at the Baxter Theatre or along Woolsack Drive. The parking at C G Jung Centre is reserved for presenters and caterers who have equipment and goods to unload/load.

Entrance to the Centre is via the gate on Main Road or via the gate on Linray Road

