

Contemplative Hope Summit

Help Us Celebrate 30 Years with Oasis!



Breakout Session Option

Seeking Hope through SoulCollage®

In the contemplative act of deeply knowing and honoring all the parts of ourselves, we can discover our own journey of bringing hope to ourselves, our communities and our world. In this SoulCollage® workshop led by Teresa Knipper you will learn to connect with those parts by creating cards in a satisfying, fun and creative process created by Seena Frost linking art, soul and journey. As you engage in intuitive play, you make your own cards, each one representing one aspect of your personality. You then can use the cards to contemplate life's questions and enhance self-discovery. Participants will learn and practice the basics to create Soul Collage® cards during the workshop. No art experience is necessary and all materials will be provided. Awaken your Inner Wisdom!!

Teresa Knipper is a certified Soul Collage® Facilitator and Spiritual Director. Teresa has a curiosity about how the inner journey can be expressed and explored through intuitive art such as Soul Collage®, mandalas, and poetry writing. It is her deepest joy to share her passion with others. She received her Spiritual Direction certification at the Upper Room Spiritual Center in Neptune, NJ, has attended the Awakening the Creative Spirit training with Christine Valters Paintner and Betsey Beckman and completed training in Contemplative Leadership through Oasis Ministries. Teresa looks forward to creating with you soon. You can learn more about her offerings at artandsoul.us



FOR MORE INFORMATION OR TO REGISTER

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