

# Spirit Art

Connecting Creatively to Your Inner Wisdom



In a safe, loving environment where  
Individuals' unique experience of spirit  
is respected,  
We will begin by breathing in silence...  
Listen ...  
Imagine the shape of our souls...  
Perhaps paint dreams...  
Free the shapes hidden in clay  
Make "mandala" collages...  
Explore colour, texture and  
Sound...

Four Saturday Afternoons 2PM - 4PM

March 8, 15, 22, 29

St. George's Anglican Church

2950 Laurel St. @ 14<sup>th</sup> Ave.

FREE

Contact Kim: 604-739-7663 [kseary@shaw.ca](mailto:kseary@shaw.ca)

When we Create, We Connect Deeply and Joyfully to the Creator  
and Source of all Strength, Hope, Healing and Love...