

# Soul Life

## Virtual Meditate and Create Series

Are you needing tools for coping with the Covid-19 stress and this transitional time?

Do you love art?

Are you wanting to learn new ways to access purpose and positive living?

If you answered yes to any of the questions above, we have a new virtual option for you!

*The Soul Life Meditate and Create Adult Women's Group is now forming!*

Dr. Chez Leeby, Ph.D. Licensed Marriage and Family Therapist, and Linda Krepp, Art Educator, will guide you through a 6-week Art Therapy series via Zoom.

We will explore Preventive Wellness concepts and tools, backed by the newest research in Positive Psychology and Art Therapy.

We will practice with various art mediums including Pastel Mandala Art, Vision Boards, Mosaics, Watercolors and MORE! You will find balance and creativity through guided meditations, self-discovery and reflective art projects. This master course includes teachings on mindfulness, meditation, self-inquiry, visualization, effective communication, emotional regulation and stress mastery.

The confidential group format will allow for open sharing, connection and emotional immunity support. The results from these techniques are clarity, energy, optimism, serenity and...some phenomenal works of art!

**When: Weekly meetings for 2 hours, times and start date TBD by group**

**Where: Zoom!**

**How Much: \$275/6 weeks (price includes some materials that will be delivered to you)**

**Register: Call 904-616-7738 or email, [soullifejourneys@gmail.com](mailto:soullifejourneys@gmail.com)**

**Class size is limited, so don't delay!**

What You Need at Home to Get Started: A happy heart and an open mind! You will also need an electronic device with access to the ZOOM app, comfy clothes, a quiet area with a space to meditate and a table/work surface nearby.

A supply list will be provided upon registration along with instructions to access Zoom and our Zoom group information. Most supplies are items you already have on hand at home. However, harder to find items will be assembled and delivered or mailed to you for specific art activities.



♥ Soul Life