

Stewarding Soul

A Summer Workshop & Mask Making Journey with Penny Allport

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Friday, August 21 - Monday, August 24, 2015

Join with other soul stewards for a four day journey into soul making.
Create a mask to uncover and recover something longing to bud,
bloom or flourish in you at this time.

Deepen into the senses and sensation as portals to recover soul qualities lying dormant or yet unknown. Take time out of time, soul dreaming in the embrace of nature.
Explore embodiment through inquiry-based Yoga and Movement explorations.

This process begins in a circle of inquiry, as we seed interest and stirrings in the depths of our soul at this time. We each create a mask from the template of our face as a blank canvas of possibility. During the weekend, through dives in embodiment explorations, writing reveries, and space to dwell in creative process in the mirror and embrace of nature, we embellish and grow our mask into creation. Inner and outer realities meet as we weave our soul dreams together. We leave with tangible practices and processes to continue the journey in our daily lives.

Here, together we will remember living Soulcentric lives, breaking the habit of modern culture's over orientation on making busy vs making soul.

Hours of workshop:

Friday 2 pm - 9pm , Saturday 10am - 6pm, Sunday 1pm - 9:30pm, Monday 10am - 3pm

Investment: \$285.00 - \$350.00 Sliding Scale (all supplies included)

Beautiful and economical accommodations as well as tenting options on the land here make this long weekend affordable and residential for you to further deepen and explore. Carpooling from the city always unfolds.