

Pages of The Heart : Art Journaling for the Soul

Your soul has stories to tell — gentle whispers, unspoken truths, and dreams waiting to be heard. An art journal becomes a safe container for these stories, a sacred space where words, colour, and imagery weave together to express what lives within you.

Art Journaling for the Soul is an invitation to slow down, connect inward, and create freely without rules or expectations. Guided prompts will help you explore your inner landscape, using your journal as a mirror for self-discovery, release, and renewal.

What's Included:

- * Guided meditation to open creativity and presence**
- * Reflective journaling prompts**
- * Intuitive art journaling exploration with colour and imagery**
- * Supportive group connection and conversations**

All materials are provided. No art skills are required — just bring your open heart and willingness to explore.

Limited places available — bookings essential.

Come as you are and allow your soul's expression to gently unfold upon the page.