

Join Julie-Anne for – The Heart Remembers: A 4-Week Creative Arts Journey.

Where art becomes a language of the heart and creativity becomes a path home to yourself.

About the Journey

The Heart Remembers is a 4-week Creative Arts Journey lovingly guided by Julie-Anne Salter, founder of The Soul-Full Mind College and Wellness Hub. This series is an invitation to pause, breathe, and express. Through meditation, gentle guidance, and creative exploration, you'll be led into a space where colour, word, and line flow freely from the heart.

Each week unfolds a new chapter — blending creativity and reflection — allowing your inner landscape to speak, soften, and shine.

No artistic skill is needed — only curiosity, openness, and a willingness to explore what arises.

The Four Weeks

Week 1 – The Heart Remembers

Our hearts carry the stories of our lives — our joys, our wounds, and our wisdom. This week, you'll reconnect with your heart's truth through meditation, journaling, and expressive creative practices that honour the memories and emotions held within.

Week 2 – Lines of the Soul

Discover the power of intuitive mark-making and mindful drawing as a mirror of the inner self.

Allow the lines and shapes that emerge to become reflections of your soul's whispers, guiding you deeper into presence, awareness, and calm.

Week 3 – Circles of Calm

Enter the sacred world of mandalas — symbols of balance and wholeness.

This week invites you to create your own mandala as a meditative practice, finding peace and alignment within the beautiful simplicity of circles.

Week 4 – Pages of the Heart

Bring your journey together in your own art journal — a space for reflection, release, and integration. Through words, images, and creative layering, you'll create pages that celebrate your growth and deepen your connection to self.

What You'll Experience

- Guided meditations & mindfulness practices
- Gentle creative arts processes for healing and expression
- Reflective journaling & soulful discussion
- Connection within a nurturing, heart-led circle
- All materials provided — just bring you

When: Friday, 24th November 2025

Time: 7pm - 9 pm

Where: 90 Smythe St, Portarlinton

Investment: \$349.00

Join Julie-Anne

Julie-Anne creates sacred, creative spaces where expression, healing, and calm come together. Her workshops are known for their warmth, depth, and gentle guidance — a place where words don't have to be perfect and art doesn't have to look a certain way. It's about reconnecting with your essence, your peace, and your heart.

Limited spaces available — bookings essential. Reserve your place here:

<https://bookeo.com/thesoulfullmind?type=3353Rfw93T199EAC5F442>