
PAINTING YOUR SOUL AWAKE

CHRISTMAS WORKSHOP

with Dr. Carol Lloyd.



The workshop day is open to anyone interested in playing with painting and self-expression. On the day each participant will paint upon their own large piece of special paper for the day, the art resources provided are acrylic paints and other art materials, you will have time to freely explore and express your Soul self. All sensitively facilitated by Carol, there will be meditation, shamanic journeying, refreshments, a shared lunch and time to process your experience in a safe group of no more than 12 -16 like-minded people. The aim is to be immersed into a creative process not in making an end product.

The workshop is based upon the work of Aviva Gold, Natalie Rogers and Jungian symbolism. The aim is to create a time and space for you to feel free to tap into your essence of creative self. Be surprised in what appears, and focus on the now, as if you are painting it to burn it at the end of the day. (or not!)

Date: 13th December 2025

Place: All Saints Church Hall, Cissbury Drive, Findon Valley, Worthing, West Sussex, BN14 0DT

Times: 9.30a.m. for 10am start - finish 4.30: CPD certificates = 6hours

Costs: £90

Booking & Payment: a place is booked with a deposit of £30 BACS remaining £60 to be paid a week before the event. BAC payment details will be sent via email on an enquiry for a place and your place is confirmed once a deposit is paid.

Contact: email: lloydcarol4@gmail.com telephone: 07971178701

Website: <https://www.carollloydpsychearts.uk/>

Cancellation: deposit not refundable 2 weeks before the event, place is transferable.

Please bring: a painting overall or shirt, something to share for lunch and a cushion for a chair.

About Carol Lloyd & webpage link:
<https://www.carollloydpsychearts.uk/>

Refreshments will be provided such as tea, coffee, fruit teas and biscuits. If you require a particular dietary milk, please bring this along.

Lunch is a shared lunch so bring something for yourself and a bit more as an offering.

There are no parking restrictions , please park at the church hall car park or on the roadside.

- **"We live within the process of creation just as much as it exists within us."**

(Shaun McNiff)

"As you breathe life into the raw materials of paper and paint, you grow increasingly excited and revitalised. The paint and paper seem to know just what they want to become, and you are the channel for this vision"

(Aviva Gold)