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# PAINTING YOUR SOUL AWAKE WORKSHOPS

with Dr. Carol Lloyd.

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The workshop day is open to anyone interested in playing with paint 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 14 like-minded people.

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 !)

**Dates: Saturday May 23<sup>rd</sup> 2026**

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

**Times: 9.30 for 10am start finish 5pm : 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.

**Contact:** email: [lloydcarol4@gmail.com](mailto:lloydcarol4@gmail.com) telephone:

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

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

About Carol Lloyd & webpage link:

[www.carolloydpsychearts.uk](http://www.carolloydpsychearts.uk)

