

Welcome

GHOST RANCH



Creating from Body and Soul: The Art of Ensoulment

with Cynthia Winton-Henry and Marla Durden
G24030401 | March 18-23, 2024

Daily Rhythm

Breakfast 7:30-8:30 am

Morning Session 9:30 am -12 pm

Lunch Noon-1 pm

Afternoon Rest-Play-Wander

Optional Pre Dinner Sharing Circle 4:30 pm

Dinner 5:30 - 6:30 pm

Evening Circle 7 - 8:30 pm

Supply list

The Art of Ensoulment: A Playbook for Creating from Body and Soul available through Amazon. \$45 as an artful journal, or on Kindle for \$9.99.

A journal or materials for writing.

Art materials: paper, glue, collage images, and scissors, and favorite pens.

Water bottle