



Early November marks the seasonal half-way point between autumn and winter. Around the globe, it's a time of remembering our ancestors, family and friends who have passed on, through spiritual and cultural traditions that celebrate their legacy and on-going presence in our lives.

In the natural world, trees shed their leaves, plants grow dormant and animals burrow for shelter and rest. November reminds us that growth and renewal depends upon a season of darkness and letting go.

Through creative activities including **SoulCollage®**, poetry, reflection and dialogue, we'll explore the themes of '**Legacy and Letting Go**' in each of our lives. What 'light' from our ancestors continues to shine through us? What parts of our 'old' self might we release to make way for the 'new'? How do we embrace the 'gifts' as well as relinquish those that no longer serve us?

We hope you'll consider joining us for a mind, body and soul-nurturing gathering this fall!

www.susanmann.com

www.sallyfreed.com

WHEN?

Friday 4:00 pm – 7:00 pm (PST) November 6th
Saturday 9:00 am – 3:00 pm (PST) November 7th

WHERE?

We'll gather virtually (via Zoom) from the comfort of your own home.

FEES?

\$350 USD – Includes professional facilitation, guided instruction, creative supplies and shipping.
Limit of 10 guests - a \$100 non-refundable deposit holds your spot (first come-first serve).

READY TO SIGN UP?

Email susan@susanmann.com and she'll send a link to register with your deposit.