



NOVEMBER 10, 2018, 9:30 am to 4:00 pm

Bringing the Shadow to Light with Arla Patch

Registration

Visit www.pendlehill.org,
or call 610-566-4507, ext. 137

Fee

\$ 125 includes materials and lunch

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport,
And 30 minutes outside the city.
The campus is near the Wallingford
Train station on SEPTA's
Media/Elwyn line.

Our “shadow” is that part of ourselves that we don’t always see. Through creating community, using guided imagery and new embodied avenues to access inner “truths” about ourselves, we’ll create and use our cast shadow. Participants will learn pastel techniques to create a “metaphorical self” within the silhouette. Whether tapping into our gifts or our shortcomings, participants will experience the unique opportunity to access aspects of themselves that might not yet have been given voice or vision. This creative and spiritual practice can offer a sense of renewal and intimacy with our relationship to ourselves. Skills in self-reflection and celebration will be nurtured. No experience needed.

Arla Patch has a BFA, Ed and an MFA in Fine Arts and has been an art teacher and facilitator of using art as a tool for healing for over 45 years. Using art for her own recovery from childhood trauma gave her the personal experience of how art transforms. Arla is a member of Doylestown Friends Meeting.



338 Plush Mill Road
Wallingford, Pennsylvania 19086
610-566-4507, ext 137
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PENDLE HILL
A Quaker Study, Retreat, and Conference Center