

Travel

TWELVE GIFTS OF THE CAMINO

Workshop inspired by El Camino pilgrimage

Take 800 km of contemplative walking. Add inspiration from global travellers, sacred spaces and awe-inspiring scenery in France and Spain. Mix together with a creative mind, and you get the workshop Twelve Gifts of the Camino: a SoulCollage Journey.

It's offered on Saturday, Oct. 5, from 1 to 7 p.m. at St. Hilda's Anglican Church hall in Sechelt.

This past May and June, Heather Conn, owner of Sunshine Coast SoulCollage and a trained SoulCollage facilitator, completed the Camino Frances route through southern France and northern Spain. The inspirational journey, which took her 34 days, tested her patience and perseverance as she dealt with challenges from blisters and knee pain to stifling heat. But walking this historical route, used by pilgrims since medieval times to reach the cathedral in Santiago, Spain, also brought Conn greater trust, appreciation and new friends within a global community.

Now, through her newest non-denominational workshop, Conn wants to share the benefits she gained. In a symbolic journey of creative play and walking meditation, she'll offer compelling imagery from the Camino and a chance to walk the labyrinth at St. Hilda's Church.

With fun and insightful exercises, participants will



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Heather Conn offers the workshop Twelve Gifts of the Camino: a SoulCollage Journey on Oct. 5 at St. Hilda's Anglican Church in Sechelt.

explore what symbols represent their life journey and what thresholds they have crossed or need to cross. The SoulCollage process, created by Seena Frost, is a global technique of self-enquiry that requires no artistic training. All materials are provided.

For more information, contact Conn at 604-886-6520, or hconn@dccnet.com. To register see sunshinecoastsoulcollage.ca/workshops/.

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