

Soul Soup Workshops 2012

I am so excited to announce our workshop schedule for 2012! Mark your calendars for two inspiring weekends sure to get your creativity flowing. Located in beautiful Traverse City, MI (Good Morning America recognized our backyard as the most beautiful place in America in 2011!), we have coupled our retreats with award winning teachers to make these two weekends remarkable. Please join me to connect, to laugh and to let it all go.
Your friend, Kristen

Rock in 2012 - New Year, New You! Dec 30-Jan 01

Sick of watching the ball drop? Feel like a social reject because New Year's is a lot of hype and pressure? We understand! Join us instead for a great way to reset your personal clock and put your intentions clearly forward in 2012. Perfect for couples and groups of friends (or come alone and make new friends!), this weekend rocks harder than Times Square! Experience some of Kristen's personal traditions. You will want to adopt them too! Let's reclaim this abundant holiday! Entirely packed weekend retreat is \$300 per person.

Friday 7:00 PM- Welcome Dinner, Introductions. Keynote by Kristen Jongen.

Saturday: 9am-Until

Breakfast at hotel

Zumba with Kelly Steiglich (trust us on this... it's not only a hysterical ice breaker, its worth \$300 to watch Kristen dance)

Morning Talk with Kristen Jongen "Moving forward"

Workshop with Kristen Jongen: The art... of the art journal - Learn some of Kristen's favorite and secret techniques!

Exploring downtown Traverse City - Old Mission Peninsula wine tasting (optional)

Workshop: Rapid Recall with Soul Soup Staff: Remember that bad date? The raise you got? The trip to Zimbabwe? The piercing that went bad? You will be amazed at how many things you did in 12 months (this is REALLY fun to do with a friend because they can help remind you of all the things you tried to block out!) Using our art journals, we will wrap up 2011 by cutting, painting, drawing, writing and collaging the good, the bad and the ugly. Say goodbye to 2011 with flare. This is more fun than it should be.

Movie: TBA

Sunday: 9am-2pm

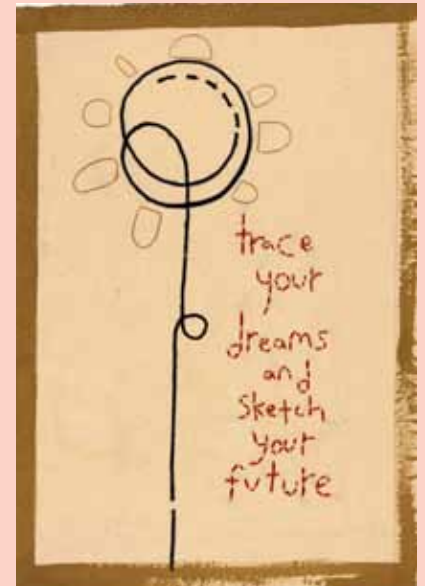
Breakfast at Hotel

Easy Meditation: setting our intentions for 2012 with Rodasi Campbell

Workshop - Soul Soup Staff: "Forging your Future." Here we flip the switch and dream journal everything we want to bring into our lives. We rip, cut, tear, draw, paste, write and visualize everything we want to attract, pursue, and revel in. This is an amazing tool, and frankly, wicked fun. Kristen will share some surreal stories about how this has worked for her and her friends. You will LOVE this new tradition.

Gentle Yoga with Sandra Carden (releasing the past and looking forward.)

Closing talk with Kristen Jongen



Mamma Mia! Mother's Day Treat - May 18-20 2012. Go to your obligatory brunch... then meet us the following weekend for your real Mother's Day Treat! This retreat is designed for mothers and daughters ages 10-100. Bring your daughter, bring your mom, bring your mother figure, it doesn't matter! This weekend is specifically designed to help us honor the women in our lives. We will talk about our strength, femininity, sensitivity and sensuality... truly honoring what being a woman is all about! Entire retreat \$395 each couple. \$100 each additional guest.

Friday 7:00: Welcome Dinner, Introductions. Keynote by Kristen Jongen.

Saturday: 9am-10 pm

Breakfast at hotel

Zumba with Kelly Steiglich- Here Kelly teaches us the value of being a sensual woman that we can be proud of! We dance together with our mothers and learn with laughs, dignity and class, the art of Latin dancing like a real woman.

Soul Soup

Workshops 2012 Continued

MAMA MIA Continued...

Sat continued...Exploring downtown Traverse City - Shopping and sightseeing!

Workshop: Here we write about our secret desires. We get to know each other on a deeper level!

Spiritual session: Calling our Elders: We will utilize this beautiful and ancient practice of washing the feet of our top elders. While encircled, we will submit questions to them about life, love, babies, husbands, marriage, career, boys and all the things we so desperately need wise counsel for in this confusing world.

Movie: COMEDY (or comedian) : TBA

Sunday: 9am-2pm

Breakfast at Hotel

Easy Meditation: drawing feminine energy with Rodasi Campbell

Gentle Yoga with Sandra Carden (exposing our inner Yin)

Workshop- Soul Soup Staff: Make your own poetic collage. Here we will take our writings and poems from Saturdays workshop and translate them through art. Through this exercise we can see our kids, moms, and grandmas in different ways. We share our hopes and dreams and can see each other through a beautiful feminine light!

Closing Talk with Kristen Jongen-

Write *Your* Book! April 25 (1 day workshop)

Now it is time to tell *your* story. In this 1 day workshop, you will begin the process of artistically writing your story. You will not only do exercises to release your inner creative, but you will also take those writings and begin to create your own book.

Sat 9-4

Talk and reading by Kristen Jongen

Workshop: "Hearing *Your* Voice." In this workshop we will do a few traditional warm up exercises along with a few Native American traditions for warming up our creativity and releasing blocks in the way. We will begin the process of writing our story.

Lunching in Traverse City

Workshop: "Expressing your voice" after you hear yourself, how are you supposed to put it out there? Kristen will divulge her favorite creative techniques on how to put ones thoughts together, into your own personal mixed media book.

You will love it so much here, you will want to stay the weekend! One day workshop \$150 each person

Logistics, Websites and Information

Fee is for retreat only. It does not include travel, airfare, meals or hotel costs.

Airport code for Traverse City is TVC. There is a beautiful airport in Traverse that is EASY to fly into.

Hotel info TBA

For other tourist information on Traverse City, Visit: www.visittraversecity.com www.traversemagazine.com

See our viral Lip Dub! <http://fishsoupfilms.com/>

Please fax us this form at 231-932-7364, and/or email the information to info@mysoulsoup.com

Full Name

Email address

Street Address (Include zip code)

Number of persons in your party

Workshop attending:

Phone/cell number

How Did you hear about Soul Soup?

Payment method

Workshops are limited to 25 people. It is important to confirm reservation early! Full payment is required to reserve a space.

Please send payment to: Soul Soup Inc. 109 S. Union st. Suite 202, Traverse City MI 49684, or fax 231-932-7364