



Cheryl Young

Silent Collage

Mind, Body, Spirit Work

Cheryl Young created and developed Silent Collage in 2002. The practice came out of her own experience of wanting to explore her life in a new and different way. She did this through the art of silent collage making. The resulting collage work was always insightful and surprising - deepening her connection to where she had been, where she was, and, more importantly, where she was going.

Cheryl uses a "silent retreat" format so that the participants can go deeply inside themselves yet at the same time be completely supported by the energy of the individuals co-creating together. This incredible experience of letting go has aided many people in their inner expansion.

For more information on Cheryl and Silent Collage, see her site at:
www.silentcollage.com.