



Mappa Divina®

Cartography for the Soul
w/Heather Berndt, Artist & Spiritual Director

Tuesdays
Nov 12, 19 & 26
5:30-8:00 pm

West Central Abbey
1832 W Dean Ave
Spokane, WA 99201

\$99 includes all supplies
Register at heatherberndt.com

ABOUT THE WORKSHOP

Mappa Divina® is rooted in the contemplative practices of mapmaking and discernment, designed to deepen your connection with the divine and guide you toward alignment with your highest purpose. Through writing, collage, and prayer, this practice goes beyond traditional vision boards by focusing on your inner landscape and emphasizing “being” rather than “having.”

In this **3-week cohort** we will explore the transformative power of image and symbol, the philosophy of sacred ground, and the discovery of what matters most in your season of life. By the end, you will create a personalized mixed media “map” to reflect on and engage with in the months ahead. Limited to 12 persons.



CLARITY * CREATIVITY * CONTEMPLATION