

Artists in the Schools

Artist Profile



Kimberley Ellis

Transformation Through Creative Expression

Soul Art® is an Expressive Arts process designed to connect students to their inner wisdom through a creative modality. The five step process includes:

- Setting an intention for their creative journey.
- Tracing or representing their body on paper.
- Creative expression with pastels, paint and/or collage.
- Gathering insight from their art through guided questions.
- Committing to an action step based on the messages from their art to bring that wisdom into form.

Students will leave the workshop with a unique piece of art that is an expression of their essence, their desires and the transformational process.

Life Coach, and sharing Soul Art® with individuals and groups who are interested in a gentle, creative and fun way to build a relationship of trust with themselves.

Kimberley Ellis divides her time between teaching the Arts at the elementary level with the Upper Grand District School Board, offering her services as a certified

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