

Sun Fire Creations

# SOAPSTONE CARVING Workshop

## Overview:

In this workshop participants will learn about the history and makeup of soapstone. They will partake in the process of carving, sanding and polishing their own wearable jewelry or freeform display piece. This workshop is suitable for people of all ages and stages. Soapstone carving is a craft that has been around for centuries and a great way to express one's self and relax. It is a meditative activity which is wonderful way to relieve stress and find a creative outlet.

## Objectives:

- Explore soapstone history in Indigenous world cultures
- Practice meditative creation & flow mindset
- Skill & capacity building
- Peer connection & stress relief

**Small class & large event pricing available.**

**For more information contact:**

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