

DEBORAH'S PALM PRESENTS

Write On!



Weekly Drop-in Journaling Circle

New Series of Gatherings Beginning Thursday, October 3

6:30—8:15 pm

4 weeks: October 3, 10, 17, and 24

(come to a single class, or all four!)

\$20 per session



The spirit of the *Write On! Journal Circle* is to create a relaxing and inspiring space where you are encouraged to experiment, explore, reflect on your life, find your true voice in your journal, and connect with kindred spirits! These weekly journaling circles will provide you with dozens of simple and inspiring techniques for daily writing. Through a series of carefully-crafted prompts, questions, and visualizations, you will learn how journaling can enhance your self-understanding, emotional balance, and connection to your inner wisdom. You will leave with a toolkit full of ideas and exercises to use for a lifetime of meaningful journal writing! No previous writing experience is required! Just bring your favorite journal or notebook, pen, and a willingness to go on an Inner Journey!

To register: call Ann at 650-641-0040
or email : ann@thejournalworkshop.com
Website: www.thejournalworkshop.com



Facilitator Ann Hawkins, M.A. has kept a journal ever since she received her first little diary with a lock and key at the age of eight. Journaling has been a constant touchstone in her life, and she has studied it intensely on her own and with nationally-known diarists and journal therapists. . A graduate of the Institute of Transpersonal Psychology in Palo Alto, Ann is a Marriage & Family Therapist Intern.

