

A PLAYshop

... In Creative Journaling



Saturday November 4th - 10:00am to 12:30pm

Radiant Living 6051 Brookline, Suite 126 (near May & NW 63rd)

Journaling to Support Your Mindfulness

This PLAYshop is all about writing from our most mindful place, that place that unlocks the deeper and often mysterious sources of well-being, joy, and gratitude for *Life As It Is Now*. New art materials and poetry will inspire us to contact our Wise One Within (Wow!) and uncover formerly hidden sources of energy and creativity. We'll use some new in the moment sensory awareness exercises you'll love!

This PLAYshop is a mini-version of Pat's *Silence and Inner Terrain Workshop* at nationally famous Ghost Ranch. In a casual atmosphere, we use simple centering, writing, and art techniques. We see how poetry can merge with images to bring up unusual reflections.

No journaling or art experience is required. It's easy, fun, and not time-consuming. Come join us for grown-up play time and consider inviting a friend.

PLEASE PRE-REGISTER

Class Size Limited to 14 persons

Cost: \$35

You may pre-register by using PAYPAL on the site www.mindfulnessokc.com

OR

Email your intention to attend to Pat at webbpat1@cox.net

Questions? Email or Call Pat 209-7117

Pat Webb is a writer, Oklahoma Artist-in-Residence and Mindfulness Coach. In 1997 she went "into the Silence" to renew her life's purpose. Since then, Pat has conducted hundreds of PLAYshops throughout the U.S., Mexico, and Canada. Pat's art, journaling, and mindfulness exercises help people of all ages hear their inner voice and follow their inner guidance.