

A PLAYshop

... In Creative Journaling



Saturday December 2 - 10:00 to 12:30

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

Journaling the Well-Spring of Wonder

“Wonder is the light side of the quest.

It comes upon us as sunshine after rain, refreshing our hearts.

We’re snatched out of ourselves, transfixed in the middle of the world.”

Christina Baldwin, Life’s Companion

This time we explore the role of WONDER. Bring your child-self and any pictures of yourself as a young child – also magazine pictures of babies or children if you have them. If you don’t... no worries. We’ll have lots!

This can be a time of year to release the inner little one who taps into a deep well-spring of joy and wonder. Think twinkle lights and cocoa! Playful art materials and exercises will spark your imagination. By writing from an image, we access our Wise One Within (Wow!) and uncover formerly hidden sources of creativity.

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.

Cost: \$35 * Class Size Limited to 14 persons.

Please pre-register by using PayPal on our website www.mindfulnessokc.com

or by emailing Pat at webbpat1@cox.net to confirm your attendance

Questions? Call Pat 209-7117

Pat Webb is a writer, Mindfulness Coach and Oklahoma paper artist. 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.