

A PLAYshop

In Creative Journaling



Saturday, January 6th

10:00am to 12:30pm

At Radiant Living - 6051 N. Brookline, Suite 126

**Writing from What's New:
What's Already Here and What's Arriving**

For 2018, our NEW YEAR, let's look at how journaling can help us capture what's Already Here and What's Arriving (or just around the bend.) **What's New** will give us fuel for forward motion in the months ahead. By writing from hunches and images, we access our Wise One Within (Wow!) and discover formerly hidden sources of creativity. Plus... it's easy, fun, and not time-consuming!

Whether you want help beginning or are a long time journaler who's a little stuck lately, this PLAYshop is for you! It's a mini-version of Pat's *Silence and Inner Terrain Workshop* at nationally famous Ghost Ranch. In a casual atmosphere, we'll learn how to keep a journal full of richly varied photographic images and poems to spark writing. Classes are held monthly with a new theme each month.

Bring a wire-bound unlined sketchbook at least 8.5" x 11" size and your imagination. All the rest is provided! Join us for grown-up play time. Consider bringing a friend!

Cost: \$35

Please pre-register by Jan. 3rd (class limited to 14 persons)

You can pre-register by emailing Pat at webbpat1@cox.net

Or use PayPal on the site www.MindfulnessOKC.com

Questions? Call Pat 209-7117

Pat Webb is a creative writer and Oklahoma Artist-in-Residence. In 1997 she left her home and career to go "into the Silence" and renew her life's purpose. Since then, Pat has conducted hundreds of PLAYshops using art, journaling, and mindfulness exercises. She loves to help people of all ages walk their inner terrain and hear their inner voice.