

A PLAYshop

..... In Creative Journaling



Saturday, February 3, 2018

10:00am to 12:30

Radiant Living - 6051 N. Brookline, Suite 126

Writing from the Body: Blood, Breath and Bone

It's February! Month of hearts and love. What better time to focus on this precious body which needs our loving attention?

This Journaling PLAYshop is based on Ruth Gendler's amazing book Notes on the Need for Beauty. We will have a chance to listen to our body, record that wisdom, and let it guide our steps in this new year. Ruth's wonderful drawings and musing will help us tease messages from our Wise One Within (WOW!)

Whether you want to keep a journal and are having trouble getting started OR a long time journaler needing fresh ideas, come join us! This PLAYshop is a mini-version of Pat's *Inner Terrain Journaling Retreat* 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. It's easy, fun, and not time-consuming – a true grown-up play time! Bring a journal and your imagination -- all the rest is provided. Consider inviting a friend.

Cost: \$35 (limit 14 persons)

Please pre-register by using PayPal on www.MindfulnessOKC.com

Or email Pat at webbpat1@cox.net:

Questions? Call Pat (405) 209-7117

Pat Webb is a creative writer and Oklahoma Artist-in-Residence and Mindfulness trainer. 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 throughout the U.S., Mexico, and Canada. Pat's unusual art, journaling, and mindfulness exercises help people of all ages walk their inner terrain and hear their inner voice.