

## The Journey to Self-Knowledge through Journal Writing Retreat



*"The journal is a river... is a mirror... is an anchor... is myself..."*

*The Journal is a process of Survival"*

*– Christina Baldwin*

- Have you ever asked yourself, what is a journal and why keep one?
- Are you yearning to connect with your inner wisdom?
- Are you looking for a powerful new creative tool?
- Are you curious about who you are and what makes you tick?
- Have you ever wished you had a special place where you can record your thoughts, feelings, visions, dreams?
- If you answered **YES** to any of the questions above, this one-day retreat is designed for you.

### What you will experience at this retreat:

- Discovering how journal writing can be a creative outlet for you
- Hands on creative session making your own Joy Journal
- Learning how journal writing can be a vehicle for self-discovery
- Exploring how to tap into your inner wisdom

**Date:** Saturday, September 15, 2018 - 9:00 – 4:00 – Lunch available at University of St Catherine Cafeteria

**Location:** Carondelet Center, Room 200A, 1890 Randolph Avenue, St Paul, MN 55105, 651-696-2750  
[carondeletcenter.org](http://carondeletcenter.org)

**Investment:** **EARLY BIRD DISCOUNT - \$99 until June 30!**  
\$125 starting July 1<sup>st</sup> (includes all supplies)

**To Register:** Please contact Nancy at [nancyjamborlifecoach@gmail.com](mailto:nancyjamborlifecoach@gmail.com) or [nancyjambor.com/contact](http://nancyjambor.com/contact)  
Space is limited to 10 participants

**Reserve your space today!**