

The Journey to Self-Knowledge through Journal Writing Retreat, for Women



"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 22, 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

Investment: **\$125** (includes all supplies)

To Register: Please contact Nancy at nancyjamborlifecoach@gmail.com or **612-245-5960**
Space is limited to 10 participants

Reserve your space today!