

DEBORAH'S PALM PRESENTS:



**Starting
Soon!**

Inner Journeys

The Art of Personal Journaling

Inner Journeys is designed for women who want to start a journal practice as well as for those life-long journalers looking for new ways to work in the journal. Through a series of carefully-crafted prompts, exercises, imagery and other techniques, you will learn how to transform your journal writing into a rewarding practice for growth, creativity, daily awareness and personal fulfillment. You will fill your journaling toolbox with dozens of inspiring and practical ways to express your deepest thoughts and feelings.

“ I want to write, but more than that, I want to bring out all kinds of things that lie buried deep in my heart. ”

—Anne Frank



Each week the class includes:

- Instruction and practice for two or more new journaling techniques
- Detailed handouts, worksheets, and journal “embellishments”
- A generous amount of time for writing in Deborah’s Palm’s beautiful space
- The opportunity to share aloud from your writing (at your discretion)
- A safe, nurturing, inspiring circle of women
- Individualized instruction, suggestions for practice, and feedback if requested
- Prompts and exercises for continuing your practice at home

About the teacher: Ann Hawkins, M.A. —

Ann has kept a journal ever since she received her first little diary with a lock and key at the age of eight. Journaling has been a constant touchstone in her life, and she has studied it intensely on her own, as well as with nationally-known diarists and journal therapists. She spent 20 years as a film producer before training in bodywork and healing arts. Ann holds a Masters Degree in Transpersonal Counseling Psychology from the Institute of Transpersonal Psychology in Palo Alto.

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| Date & Time: | Thursday Evenings 6:30 PM to 8:30 PM 6 weeks: January 12, 19, 26, February 2, 9, 16 |
| Location: | Deborah’s Palm, 555 Lytton Avenue, Palo Alto |
| Cost: | \$120 for the series of six 2-hour classes |
| To Register: | Call Ann at 650-641-0040 or email: journal.workshops@gmail.com |