

HOLY SPIRIT RETREAT CENTER | 4316 LANAI RD., ENCINO, CA 91436
818-784-4515 | FAX: 818-784-0409 | hsrcenter@earthlink.net | www.hsrcenter.com

Saturday, October 3, 9:30 a.m. – 3:30 p.m.

THE ART AND SOUL OF JOURNALING

Journaling is a spiritual tool, a personal pen to paper pilgrimage that allows you to engage in self-discovery and put your feelings, wishes, and insights out where you can reflect on them. During this rich and illuminative workshop you will explore journaling as personal art and spend the day practicing a variety of journaling techniques punctuated with silence and opportunities to share. Using pen and art supplies we will delve deeply into myriad journaling forms. Experienced 'journalers' will enjoy learning new techniques and spending the day in a practice they love. Those new to journaling will take away a journal filled with insights and wisdom as well as tools to build a journaling practice. Interactive exercises, silence and new learning will fill the day and refresh your creative spirit.

Please bring a journal or purchase one at the Holy Spirit Retreat Center Bookstore. There is a \$5 materials fee for art supplies.

Fee: \$45.00 with lunch; \$35.00 without lunch
Non-refundable Registration fee: \$10.00 by Sept 25

REGISTRATION FORM

(JOURNALING, 10-3-15)

NAME : _____

ADDRESS: _____

E-MAIL: _____ TEL. : _____

ENCLOSED IS MY NON-REFUNDABLE DEPOSIT: \$ _____ ENCLOSED IS MY FULL PAYMENT: \$ _____

ENCLOSED IS MY FREE—WILL OFFERING : \$ _____

SIGNATURE: _____ DATE: _____