

Inner Awakening Writing Workshop

at Health & Healing Club meetings:

May 5 at 7-8 p.m.

May 6 at 5:30-6:30 p.m.

Wilkinson Founders Chapel
inside Fish Interfaith Center

writingandconsciousness.com



Gain insight and clarity about yourself and life's issues, big and small, with journaling! And:

- Set intentions for success
- Improve your relationships
- Solve problems on your own
- Identify and overcome your fears
- Forgive, let go and offer gratitude
- Love yourself and others even more

"The five minutes of meditation before and after journaling in the workshop allowed me time to ask for guidance and a safe space for my emotions to flow. The closing meditation allowed for closure and forgiveness of feelings."

Quote by
Clare Mackie '14



Facilitator: Melissa Grace Hoon, M.A.

Melissa, development writer at Chapman, is also a journalist and peer counselor. Her clients' tremendous growth through journaling inspired her to develop this deep yet fun and interactive class two years ago. Melissa has taught all over the West Coast through her Inner Awakening Writing Center.

Questions? Email Melissa: melissahoon@gmail.com

