

Announcing...

R O S E T T A S T O N E

F I N E A R T G A L L E R Y

*Journaling Sessions with
Minx Boren*



Minx has been studying and teaching the art of journal-keeping for more than 40 years. Minx is a motivational speaker, a writer, a facilitator, and the author of 4 books of poetry, co-author of 5 books for women and columnist for several online magazines.

Journal-Keeping: Discovering Your Self on the Page

To journal is to make use of pen and paper to record events, thoughts, emotions, possibilities, priorities, and just about anything else on our minds. Journal keeping as a tool for self-reflection allows us to shape vague thoughts and feelings into coherent language. It is a way to organize, prioritize, and find an outlet for the incessant chattering of the mind. Journaling can also be a powerful tool for releasing pent-up emotions. It is a way of making the inner voices of one's heart, mind, and soul more audible.

In this course we will explore the many techniques of journaling. We will be writing and having discussions. It will be fun and inspiring. More importantly you will learn a new form of self-discovery as well as an effective way to calm and organize your thoughts.

Journaling Workshop
Fall 2011 to Winter 2012

Four Sessions

starting
October through January
2nd Tuesday of the Month
5:30pm – 7:30pm
at the gallery

**\$27 per evening or
\$90 for the series**

***Room for
only 30***

***So Subscribe Now
Call 561.743.3340***