

Awareness Heals



Looking for a way to help yourself when you're stressed or overwhelmed?

Recovering from a recent or current illness or loss?

Trying to make any major life decisions?

Use a journal but wish it could help even more?

If you are dealing with **health problems, grief, job loss, past trauma, or life transitions**, structured writing will help you with integration and resilience.

Our prompts are designed to promote self-discovery and healing through **journaling, poetry and storytelling**. At the end of the course, you'll have skills you can use for the rest of your life to bring yourself into balance.

Anais Salibian, MA, LMT is an award-winning writing teacher and experienced bodymind practitioner and trainer. Her Twelve Principles of Writing to Heal will lay the foundation for a lifetime resource. She is skilled in creating a safe space for people to explore and discover deeper truths about themselves that can help them lead more healthy, authentic and meaningful lives.

Participants have said: *Once I told my story, I wasn't so scared any more.*

I never knew what to do with my journal other than dump; this is so much more helpful.

This class helped me resolve my long-standing issue with my father. It changed my life.

Location: 640 Kreag Road, Suite 202, Pittsford, NY 14534

Free introductory evenings available.

For dates, times, costs and registration go to

awareness-heals.com

call (585) 586-1590 or email anaisworkshops@gmail.com