

# Awareness Heals



Looking for a way to help yourself find inner wisdom when you're stressed, overwhelmed or feeling stuck?

Trying to make any major life decisions?

Use a journal but wish it could help even more with emotional balance and resilience?

## The Healing Journal: Using Words and Images for Wholeness

When you combine written and visual journaling, you get a powerful resource for self-discovery, insight and integration. Writing prompts are designed to promote healing through journaling, poetry and storytelling. You'll learn about the research that proves how writing can produce biological healing and restore clarity and resilience. At the end of the course, you'll have skills you can use for the rest of your life to bring yourself into balance and take positive action on our own behalf.

If you are dealing with health problems, grief, job loss, past trauma, or life transitions, structured writing will help you manage overwhelming material. If you want to tell your story, you'll get help in finding structure in seemingly random life events. You'll further access the wisdom in your unconscious bodymind by using art media combined with writing exercises. No talent or previous experience is needed; this is a natural and fun process.

Anais Salibian, MA, LMT is an award-winning writing teacher and experienced bodymind practitioner and trainer. She is skilled in creating a safe space for people to explore and discover deeper truths about themselves.

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:** 61 Hunters Run, Pittsford, NY 14534

**Dates:** Six Mondays 1:00-3:00 starting April 9, ending May 14, 2018

**Tuition:** \$145. 20% discount for repeat students

More information at [awareness-heals.com](http://awareness-heals.com), or contact Anais at 585 586-1590 or [anaisworkshops@gmail.com](mailto:anaisworkshops@gmail.com)

Class size is limited, so please register early by sending your contact information and check made out to Anais Salibian to the above address by April 3, 2018.