

Journal to the Self®



Find your voice.

Enhance your creativity.

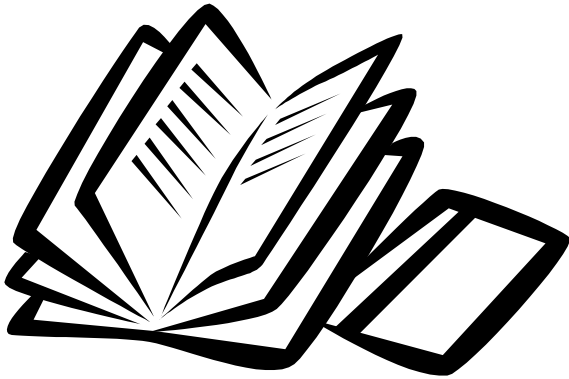
Envision your possibilities.

Navigate your difficult times.

Befriend your deepest self.

Create your future.

Discover clarity.



Join us and *learn* easy yet powerful techniques for healing, self-empowerment, and self-directed change.

When: Evening Group: Six Tuesdays, 3/20 - 4/24, 6:30-8:30 pm
Daytime Group: Six Wednesdays, 3/21 - 4/25, 1:30-3:30 pm

Where: Bodyworks Massage Institute, 2112 Maxwell Ave., Evansville

Cost: \$149 per individual or \$125 per person for two friends who register together (Journal to the Self® workbook included; bring your own journal if you like). Payable by check or credit card to Bodyworks Massage Institute.

Registration: Contact Bodyworks at 812-490-9099

Information: 812-629-6029 or barbara@barbarastahura.com



Certified Journal Facilitator *Barbara Stahura* discovered the power of journaling in her life and now shares her knowledge in workshops that provide pathways to personal growth and self-empowerment. Her book *After Brain Injury: Telling Your Story*, grew from her long-running journaling group in Tucson, Ariz. She has also facilitated journaling events for the National Guard, family caregivers, writers, equine-facilitated experiential learning groups, and others. Once again residing in Evansville, she is also a certified instructor of Journal to the Self®. <http://www.barbarastahura.com>