



# Journalling AS Self-Care

*Learn how to use Journalling to Nourish, Nurture & Care for Yourself!*



Workshop with Wendy & Emma-Louise



**When:** Sunday March 25<sup>th</sup> 11.00am-4.00pm

**Where:** A beautiful cedar yurt in the serene-south-end, across from the sea.

**Cost:** \$85-\$100 (sliding scale) \$20 deposit on registration.  
Space limited to keep the group small & intimate. Register early to guarantee your spot as we fill up!

**Registration:** For more information/to register contact:  
Wendy Judith Cutler at 653-4286 or [winnie@saltspring.com](mailto:winnie@saltspring.com) or  
Emma-Louise at 537-2250 or [emma@simplicitylifecoaching.com](mailto:emma@simplicitylifecoaching.com)

**Bring:** Yourself, Your Lunch, a Notebook or Journal and a Writing instrument

**Includes:** Tea, Snacks and Wonderful Handouts!



## This Workshop is especially for Women who:

- Journal - or want to - in a nurturing, explorative environment.
- Need some dedicated time to focus on & prioritise themselves.
- Want to delve more deeply into the realms of self-care, self-intimacy and nourishment.
- Are interested in journaling approaches and life-coaching techniques to explore and identify their needs and personal nurturing practices!
- Would like to develop & strengthen skills and resources to support them.



Journal writing is itself an act of self-care - a potent tool for reflection, self-intimacy and to strengthen inner resources.

You will use free-writing, guided visualization, sharing and other creative journalling practices to tap into your intuition and help you develop greater self-awareness, self-compassion and self-care!

*Co-facilitated by Wendy Judith Cutler, writer, teacher, feminist and Emma-Louise Eley, writer, lifecoach, retreat leader.*



WENDY JUDITH CUTLER

Any questions to:  
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