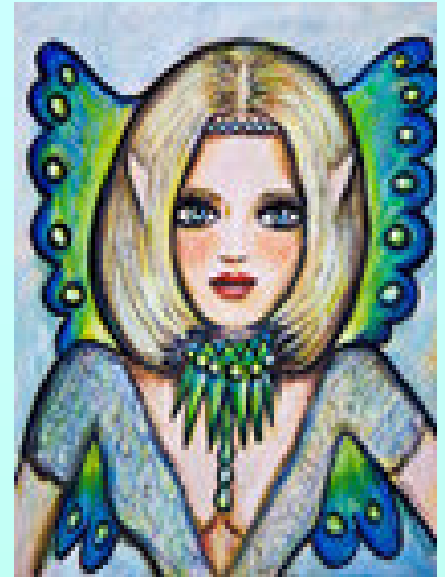


"SOUL CRAVINGS"

THE ART OF CREATIVE
JOURNALING &
FEEDING YOUR SOUL



Presented By: **PATHWAY TO PEACE &**

Dr. Shauna Gatten

WHAT YOU WILL LEARN:

- A unique, spiritual approach to creating a meaningful visual journal reflecting who you truly are
- A holistic journaling process that combines inspiration, imagination & intuition in revealing your creative spirit, inner wisdom & the callings of your heart
- Fun, simple techniques, methods, ideas that will feed your soul's cravings for creative expression
- Thought-provoking prompts, inspirational sources, concept page ideas to get you started
- How to turn a blank page into an incredible, custom designed portrait of your soul



WHY?

- Feed your soul's cravings for self expression
- Enrich your relationship with yourself
- Unlock the creative genius inside of you
- Awaken the wisdom of your inner voice & intuition
- Gain deeper insights into yourself
- Learn a powerful tool to accompany you on your journey toward personal & spiritual growth

HOW MUCH:

\$15 CASH

WHAT TO BRING:

Notebook- pen

*Other supplies furnished

You don't have to be an experienced artist to begin the journey

WHEN:

Date & Time to be announced

WHERE:

HOLISTIC HEALTH CENTER
4809 N. Sheridan Rd.
Peoria, IL
(309) 685-9880

