

Journaling for Well-Being & Peace

The Winter Writing Teleseminar Series

With nationally known author and performer

Elizabeth Welles

Journal and write to hear your own soul's wisdom

Journal to create your stories and life

Journal your vision and voice

Journal to celebrate and love

Journal to heal and inspire

Journal for inner-peace

Seven Tuesday Nights

January 15th - February 26th

\$295

5 PM - 6:30 Pacific time 6 PM - 7:30 Mountain time

7 PM - 8:30 Central time 8 PM - 9:30 Eastern time

- * *Individual coaching and guidance from Elizabeth*
- * *An atmosphere of unconditional support and encouragement*
- * *Original material presented with a fresh take on journaling*
- * *Tools for creativity and healing that will last a lifetime*
- * *Meditation and Relaxation with every class*
- * *Autographed copy of the book, "Journaling for Well-Being & Peace"*
- * *All without leaving the comfort of your own home*

For information & registration, call 805-208-0650

Credit cards accepted at www.paypal.com to Elizabeth@ElizabethWelles.com



Elizabeth Welles, performance artist and poet, is the author of the book, *Journaling for Well-Being & Peace*, the editor of *Women Celebrate: The Gift in Every Moment*, and creator of the CD, *Meditation for Relaxation*. She founded *The ISIS Method for Stress Reduction* and *The Four Wisdoms of Creativity*. She regularly facilitates workshops to enhance creativity, laughter, and peace.

www.ElizabethWelles.com