



WRITING FOR PLEASURE

with Sheena Wilson

CREATE A PRACTICE THAT FEELS GOOD!

As part of this intimate group, you will:

- Settle in with comforting practices for body & mind
- Explore ways to make the practice feel good
- Experience a guided writing meditation using a variety of pens, pencils, & types of paper
- Write the kindest-ever letter to yourself
- Reflect and share insights from your writing adventure

Inwards Market

622 View St, Victoria, BC

Thursday, October 23rd,
6:00 pm – 8:00 pm

Register at inwardsmarket.com



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