



JOURNALING FOR BLISS

Join award-winning author, poet, and memoirist, Diana Raab, in the Artist Cottage for a transformative evening of journaling, meditation, and creativity under the June Full Moon.

The evening will begin with a guided meditation to invite positivity and foster creativity, followed by writing tips and journaling prompts. Find your authentic voice to experience an overall sense of well-being.

Explore your inner thoughts while putting your memories, musings, and dreams down on paper. Journals will be provided. The evening will conclude with refreshing beverages and light hors d'oeuvres.

EVENT DETAILS:

Hosted at the Artist Cottage at Ojai Valley Inn

Monday, June 17, 2019 6:00-7:30 pm

\$75 per person

**Advance reservations are required.
Please call 805.640.2049 to reserve your space.**



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