



Writing to Heal + Meditation

Free workshop for clients and community

August 25 at 5:30—7:30 p.m.

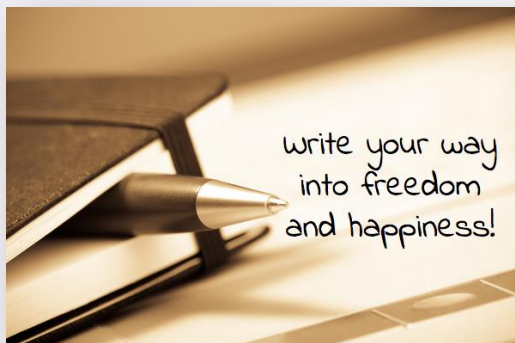
at 1900 K St., Sacramento, in Conference Room

Call (916) 448-2321 or email glarson@weaveinc.org by Aug. 22 to register and bring a journal if you have one and a pen.

Combine expressive writing and meditation as a healing modality to transform and realize your unlimited power and potential! ☺

Learn to use writing and meditation to:

- Understand & accept your experience
- Overcome fear and limitations
- Find strength to move forward
- Gain peace of mind



Specific writing techniques will help you:

- Give yourself a voice
- Process memories
- Empower yourself
- Improve memory

Facilitated by **Melissa Grace Hoon, M.A.**, a human rights journalist and sex trafficking specialist who has worked internationally and domestically to help victims of trauma and abuse realize their potential. A trained yoga instructor and meditation leader, Melissa strongly advocates the combination of meditating and writing to help heal and promote individual's health and well-being—a practice proven invaluable for many of her clients' growth in recovery and ultimate self-transformation.

