



**Anoases Community Learning Activity**  
at the Augustine Centre, Hawthorn, Melbourne

## JOURNAL WORKSHOP: Life Context

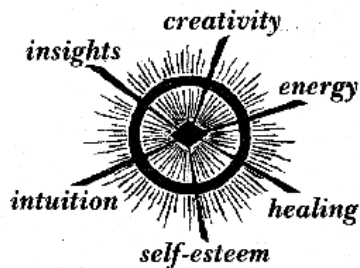
*Wednesdays February 24 – March 31, 6.30p.m. – 8.30p.m.*

The Intensive Journal method is a unique, practical tool, used over forty years by artists, counsellors and others interested in connecting inner and outer life for increased awareness, authenticity, vitality and purpose.

**The book, At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability** by Ira Progoff (Tarcher-Putnam, New York 1975. Revised edition 1992) gives a full description of a workshop.

**For further information** please see the web-site [www.intensivejournal.org](http://www.intensivejournal.org),

*"One cannot help being amazed by what emerges from this skilled inner journey. All the elements we attribute to the poet, the artist, become available to everyone." - Anais Nin. Diarist*



*"It's interesting to be surprised by yourself. - Workshop participant.*

*"I knew my answers were with my pen but now I understand how to access them." - Participant*

*"... the Intensive Journal program is a form of prayer" - John McMurry SS*

**THE WORKSHOP LEADER.** Jan Watson, for many years a social worker in health, has used this method of Journaling over many years and taught it for five years.

**Cost waged \$190, unwaged\$150.** RSVP to the OASES Graduate School 03 9819 3502 or email [info@oases.edu.au](mailto:info@oases.edu.au)

Venue:  Augustine Centre 2 Minona Street Hawthorn  
Melway ref: 45, E11 (near Auburn and Glenferrie train stations)

Oases Programs in Integrative and Transformative Studies - learning for personal growth and global response-ability

