

# Progoff Intensive Journal® Workshops

Long Weekend Special Opportunity

2 offered on one weekend

## Life Context Workshop

Friday, Feb. 16, 3:30 - 9:30 pm & Saturday Feb. 17, 9 am - 5 pm

A group experience with the protection of privacy, the Progoff *Intensive Journal*® Program uses specific journal writing techniques to promote self-discovery and personal growth. Receive your Intensive Journal workbook and be led through a series of exercises to reconstruct major phases of your life. Enhance your understanding of relationships, while resolving conflicts and clarifying priorities. *Register by Jan. 30th.*

Tuition, Meals & Private Room \$210, Shared \$200, Commuter \$155

## Depth Contact Workshop

Sunday, Feb. 18, 10 am- 5:00 pm & Monday, Feb. 19, 9 am- 5 pm

The Depth Contact workshop complements your earlier journal work. This will put you in touch with the movement of your life, including your dreams and other images that stimulate your creative process by drawing messages from your inner symbolic experience. Clarify your values and beliefs and develop connections with larger aspects of life.

Prerequisite: Life Context Workshop *Please register by Feb. 2nd*

Private Room \$210, Shared \$200, Commuter \$155

*Residents taking both workshops: add \$45 for extra overnight and meal*

Facilitator:



Virginia Evard, OSB

Sister Virginia is an authorized consultant for *Intensive Journal*® Workshops and Prioress of St. Benedict's Monastery.

Workshops authorized by Dialogue House, New York, founded by Dr. Ira Progoff.

*More than  
"journal writing"  
a premiere program  
for developing your life.*

## St. Benedict's Retreat and Conference Centre

225 Masters Avenue, Winnipeg, MB

CALL: 339-1705 [www.stbens.ca](http://www.stbens.ca)