

Finding strength and peace through reflection.

Freeing the Inner Me

A series of workshops with

Dr. Ronna Jevne

For many of us, our daily pace means a frenetic effort to meet demand after demand in order to be an effective employee, a good parent, a successful entrepreneur, a loving partner, a fit person. The outer world of work and relationships keeps us hurrying from one obligation to another. In the process, *the inner me* can become confused, numbed, or even lost. Over time we notice we are wanting more: more quiet, more quality relationships, more time for reflection - more time to play, more balance in our lives. It is time to develop *a practice* with that in mind.

In each of us there is a quiet place – if only we can find it. A place that is “the eye of the hurricane”, a quiet place at the center of life. Some of us call it “home”. It is an inner home – a place where, despite the chaos that at times besets us, we feel valued and capable. When our *inner me* is free, we connect with our integrity, our purpose, our humanity and ultimately, our yet undiscovered possibilities. It is a place of acceptance and hope.



Tea for the Inner Me

There is an age old saying, “While there is tea, there is hope.” *Tea for the Inner Me* is an invitation to find that quiet and wise place within yourself by blending the time honored ritual of tea and the practice of journalling. Step back from the pressures of your day. Take time to enjoy tea. Take time to reflect on your life. You don’t need to love tea or be enthusiastic about writing. You just need to be willing to experiment. A deep sense of quiet is often just a cup of tea away.

Choose from a variety of tea experiences or purchase the *Tea for the Inner Me* gift package for yourself and others, complete with tea cup and saucer, journal, pen, tea and the book *Tea for the Inner Me*.

Writing for the Inner Me



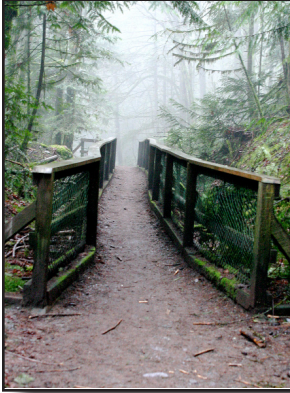
There is convincing evidence that writing about our hurts and hopes, dreads and dreams, our fears and strengths can help us shift perspective, heal if necessary, and focus on a positive future. The benefits include mental, emotional and yes, physical differences.

Through writing, we can address most of our own issues. Learn a variety of writing strategies, including creative options, that allow you to approach issues of concern with confidence. Writing is a private, convenient, affordable avenue to health. Explore *the power of the pause* and *the power of the pen*.

Choose from *Journalling 101* or *Zen Writing Practice*.

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Photography for the Inner Me



Explore how you see the world. Learn that the lens points both directions. As we look out to the world, we are looking into ourselves. In some instances, blend photography with writing to add depth to understanding our inner life. Combine improving your photographic skills with learning about and nurturing your *inner me*. Your “eye” can help you enjoy your Inner “I”.

Choose from *Images and Echoes: Exploring your life with photography and writing (three levels)* or *Photographic Wisdom: Everything you need to know you can learn from a camera*. Individual phototherapy sessions are also available.

Get started Freeing the Inner Me



A Personal Session: Treat yourself to an individual session. Some individual sessions are eligible for insurance coverage.

A Circle of Friends: Host a group for a fun, supportive *inner me* time. Explore your *inner me* and deepen friendships.

Workshops: Attend a scheduled workshop or organize your own tailored to meet your specific needs.

Workplace Sessions: Arrange an *Inner Me* experience for your staff.

A Gift: Surprise that special someone.

Meetings and conferences: Book an *Inner Me* guest speaker for your club, association or upcoming conference.

***Remember, if you don't go within, you will go without.
Become a student of your own life, a therapist of your own soul.***



For expanded brochures, fees, schedules, to be added to the mailing list or to purchase the Tea for the Inner Me gift package:

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