

# EMBRACING VULNERABILITY

## A Journaling workshop with fati

12 Jan - 9 Feb 2019



### About This Workshop

Journaling is a practice of presence, a therapy through the pen. So come, let your self in depth, your higher self, your inner child, and all of you, stretch on a white calm. For the page is a space of silence, like no other.

In Fati's Journaling Workshop at Namaste, starting this January, the resident Theme is: Embracing your Vulnerability. The workshop is designed to take you on an all joyful, sensitive, tearful, and mindful journey into yourself and outwards; to discover your all beautiful human-ness through the vulnerable parts of you.

In this workshop we aim to:

- To use journaling as a form of balancing and therapeutic exercise.
- To explore through journaling our vulnerabilities, and their role in bringing us to our full human self.

### About Fati

Fatima ALSaad (fati) is a practitioner of Energy Healing, certified in both Reiki and Pranic Healing.

Her approach blends both schools of practice, as guided by her intuition and experience. She is also a poet and a writer, a humorous teacher, a spoilt traveler, and obviously an avid reader. Or, she's a tree with many a fruiting branches.

Her values hold to a faith in kindness and compassion, a belief in abundance, and the responsibility to sharing all she has with whomever appears onto her path.

fati has conducted a variety of workshops in Bahrain, of both a creative and spiritual nature. You can find her poetry on IG @fatimasque.

**Timings** Saturdays at 11:30am to 1pm

**Price:** BD63

**To book:** call 17 591 565

**Please bring:** Your own journal and pens