



February 7–12, 2010 Sunday–Friday

From Life to Life Story: Transforming Self, Family, and Community Through Story

Christina Baldwin

The quality of our lives is largely determined by the story we make of what happens to and around us. People have a profound capacity to live through challenging experiences with resilience and grace once they have constructed a story that offers them meaning and purpose.

Christina Baldwin is a master at creating respectful space for transformational work with story. Through journaling and other writing exercises, collage, and simple body practices, you will be guided into the art of making meaningful stories of your life experiences. Sessions will focus on

- The nature and history of story
- The use of journal writing to surface life themes and provide a map for healing
- How to work with experiences to gain integration and wisdom
- Healing family and influencing social networks through story.

You will be offered opportunities to read your work, but will not be required to share.



Christina Baldwin is a founder of the journal writing movement and has been teaching creative writing for more than 30 years. She has contributed three classic books to the field: *One to One: Self-Understanding Through Journal Writing*, *Life's Companion: Journal Writing as a Spiritual Quest*, and *Storycatcher: Making Sense of our Lives through the Power and Practice of Story*. A wise elder of story and activism, she has worked with tens of thousands of people in North America and Europe. www.peerspirit.com and www.storycatcher.net

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