

Write From Your Center:

The Meditation and Writing Course to Revitalize Your Creative Life

Ready to have a sure-fire way to tap into your creative voice at any time? In just 15 minutes, transform your writing and your day.

This mindfulness writing course is designed for writers and non-writers alike to help you jumpstart your writing, reconnect with your center, and access your deep creativity.

With this course, you can:

- *Be supported in your writing practice*
- *Be supported in a meditation practice*
- *Write with more ease*
- *Access your authentic voice*