



Gratitude Journaling

I am looking forward to our Gratitude Journaling class. Unfortunately, due to the fact we will be on Zoom and not in person, I will not be able to give you the journals I planned to hand out. So please have a notebook, or journal and a pen for class. When class is over the Association will have the journals and offered to take your name and address if you would like the journal shipped to you, so you have it for the future. [SIGN UP HERE](#)

For the zoom class it will be interactive with open discussion for those willing to share. For this reason, we ask that you join the zoom with camera on, this is not required, but helpful for this class where we will be open and chatting.

Feel free to reach out with any questions.

Kind Regards,
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