



Inner Child Workshop “Awakening my Little One”

In this workshop besides our readings we will use collages, writing with our non-dominant hand, some dominant handwriting, music from RSG Awakening My Little One, drawing, scribbling, doodling, coloring and meditations to find our Inner Child while seeking our connection with a Higher Power to guide us through this process.

Please have your picture from when you were a child, blank paper, pencils, crayons, scissors, cutouts of old magazines, and glue to do exercises with your Inner Child to scribble/doodle/draw/create a collage/write letters, affirmations or feeling words.

The ACoA Experience is inviting you to a scheduled Zoom meeting.
Topic: **Inner Child Workshop - "Awakening My Little One"**

Time: **October 28th, 2021 from 7pm to 9pm CET- 6pm UK - 1pm EDT - 10am PDT**

Join Zoom Meeting
<https://us02web.zoom.us/j/83356335905?pwd=SWRmUjJmem5wL2plOVBVamt4V1R2Zz09>
Meeting ID: 833 5633 5905
Passcode: **TrueSelf**
Find your local number: <https://us02web.zoom.us/u/kbZ4pSeaq3>