

Making Creative Time: Bullet Journaling to Increase Productive Creative Time *with Rhonda Waterhouse*



Where: THIS CLASS will now be held ONLINE due to the Coronavirus outbreak.

Register in Advance at:

<https://DaisyYogaStudio.com/schedule>

You will be given the Zoom connection info when you sign up.

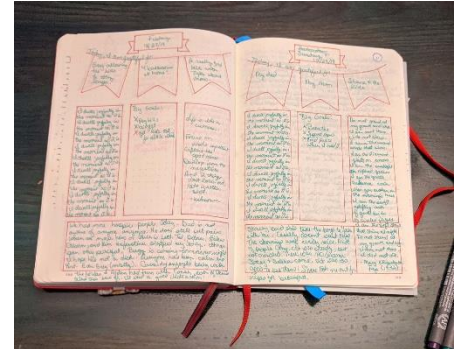
When: Saturday, April 4, 2020

Time: 1:30 am to 3:30 pm

For Ages 18 and up

Cost: \$20

Description: In this workshop, Rhonda Waterhouse, M.Ed. will show you how to use a bullet journal to find your best times to be creative and use them more effectively. During the workshop Rhonda will lead you through some simple breathing and relaxation techniques to increase your focus and relieve stress.



What is a Bullet Journal? A bullet journal is a method for planning, organizing and tracking that is completely flexible depending on your needs. You can keep it simple or make it complex. It's up to you. If you use it regularly, a bullet journal will help you be more productive and use your time the way you want to use it.

Supplies: Bring a journal or notebook of any kind, pens or ultra-fine tip permanent markers, stencils and a ruler (if you have them), and an open mind. SASi will have some stencils and rulers to borrow.

About the teacher: Rhonda is a Certified Yoga Therapist and Yoga

Teacher who owns Daisy Yoga Studio in Kings Mountain. She is also a writer, writing teacher, and meditation coach.

Check out Rhonda's website DaisyYogaStudio.com

Rhonda will be doing more classes online during the Coronavirus outbreak.

Facebook at [Daisy Yoga](https://www.facebook.com/DaisyYoga)

Learn about the therapeutic aspects of yoga on her blog [A Healing Dose of Yoga](https://www.ahealingdoseofyoga.com)



Southern Arts Society Gift Shop & Gallery

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Kings Mountain, NC 28086

SASi offers a gift shop, ongoing exhibits, art competitions, programs and classes in a variety of media for artists of all levels.

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