



FOR IMMEDIATE RELEASE
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Let Go of Holiday Stress with ‘Writing as Mindfulness’ at the Library

New Braunfels, TX — The start of the “holiday season” seems to creep earlier every year, and by the time Jan. 1 rolls around, everyone is ready to catch their breath. With that in mind, the New Braunfels Public Library is offering two sessions of Writing as Mindfulness with Dr. Kaiya Ansoerge, an academically trained psychologist.

The first session will be held on Saturday, Jan. 4, from 1-3 p.m. at the New Braunfels Public Library, located at 700 E. Common St.

The second session will be Wednesday, Jan. 8, from 1-3 p.m. at the Westside Community Center, located at 2932 S. IH-35 Frontage Rd.

“This is a great program to start the new year,” said the library’s new Adult Services Librarian Lori Krinke. “The holiday season can be overwhelming; learning how to practice mindfulness can help us to quiet our minds and help us experience the satisfaction and joy of just being alive.”

This workshop will begin with an introduction to using writing as a tool to practice mindfulness. After the introduction, attendees will engage in writing exercises that help bring to awareness the words that are flowing through their consciousness. During this event, Ansoerge will explore some of the spiritual aspects of writing with attendees.

There will be time for discussion. No writing experience is necessary to attend this program; writing quality is not the focus of the program. Attendees are encouraged to bring their favorite writing tools, though extras will be available.

The program is free, but registration is required.

Registration for the Saturday workshop at the main library can be completed online at nbtexas.libcal.com/event/5586820 or by calling 830-221-4300.

Registration for the Wednesday workshop at Westside Community Center can be completed online at nbtexas.libcal.com/event/5591133 or by calling 830-221-4630.

For more information about library programming, call 830-221-4300 or visit www.nbtexas.org/library.

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