



Come out of winter hibernation



AWAKEN YOUR SENSES TO WINTER'S WONDERS

# Winter Awakening



5 WEEK OUTDOOR GROUP

Saturdays Feb 4-Mar 4

10:30am-12:30pm

on The Grounds of Ignatius Jesuit Centre

\$189.00 +tax



Join a supportive community as we learn  
together how to safely tune into our  
bodies as we connect to nature through  
guided activities

Curious?

[www,embodiedhealing.ca](http://www,embodiedhealing.ca)

[angela@embodiedhealing.ca](mailto:angela@embodiedhealing.ca)

Hosted by: Angela Herzog MA, RP, CCC

Registered Psychotherapist and Outdoor Enthusiast