

Nature-a-Day

Free Challenge June 2016

Experience aliveness! Get outside for 30 minutes a day for 30 days

Our bodies are designed to tune into our changing environments and match those rhythms. Using technology regularly causes our bodies to speed up dramatically to keep up with these "un"-natural rhythms. As our systems rev up to match that of electronics, even a two second delay feels unacceptable.

Nature hasn't forgotten us. We have forgotten it. -Dr. Peter Levine

We treat our bodies like machines, expecting instant change, little rest, and certainly no illness. We may take daily vitamins and eat an apple-a-day, but we need more. Join us to see how "nature-a-day" may start shifting your relationship with your body to help you rest and de-stress.

Join **Angela Herzog, MA, RP, CCC** of Embodied Healing Counselling Services as she guides a community of people passionate about tuning into **natural rhythms.**



www.embodiedhealing.ca

Sign up: natureaday@gmail.com

- Set aside 30 minutes a day to be outside
- Find a sit spot or a place to walk mindfully
- Be curious and playful as you unplug and tune in
- Explore the environment via your 5 senses
- Track the shifts in your body over the 30 days

Free support includes:

- Education about stress and the nervous system
- Guided exercises to tune into nature and your unique natural rhythms
- Private Facebook group to share your stories, photos and discoveries
- Access to Angela on Facebook for motivation

For more information, visit:

www.facebook.com/embodiedhealingcounselling