

# Natural Rhythms

Wednesday June 8, 15, 22, 29

6:30-8:30pm

Outdoors on the beautiful grounds of Ignatius Jesuit Centre

## Outdoor Experiential Group

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. Join us to see how experiencing nature in a guided, supportive setting 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 guides a community of people passionate about tuning into **natural rhythms.**

Angela will be integrating the Trauma Therapy, Somatic Experiencing, with Eco Therapy principles to offer a safe experience of tuning in.



## Release Stress ~ Experience Aliveness

*Group will include guided activities to support tuning into nature and your body:*

- Mindfulness and Labyrinth walks
- Orienting exercises to engage the 5 senses
- Grounding and breathing exercises
- Using the elements water, air, earth and fire as teachers
- Education about stress and the nervous system

**\$150.00 for 8 hours of tuning into Natural Rhythms**

Payment plans upon request

For more information, contact Angela:

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

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