



NATURAL RHYTHMS

Outdoor Experiential Group

Wednesdays August 10, 17, 24, 31

6:00-8:00pm

\$150.00

On the Grounds of Ignatius Jesuit Centre

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

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