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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