



NATURAL RHYTHMS

Outdoor Experiential Group

Wednesdays October 5, 12, 19, 26

4:30-6:30pm

\$150.00 plus tax

On the Grounds of Ignatius Jesuit Centre

Deepen your relationship with nature and your body as we explore nature's elements in a playful and safe community

Earth invites our body to ground
Air Invites breath
Water invites us to find flow
Fire invites us to step into aliveness

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