Come out of winter hibernation

AWAKEN YOUR SENSES TO WINTER'S WONDERS

Winter Awakening

5 WEEK OUTDOOR GROUP
Saturdays Feb 4-Mar 4
10:30am-12:30pm
on The Grounds of Ignatius Jesuit Centre
$189.00 +tax

Join a supportive community as we learn together how to safely tune into our bodies as we connect to nature through guided activities

Curious?
www.embodiedhealing.ca
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Hosted by: Angela Herzog MA, RP, CCC
Registered Psychotherapist and Outdoor Enthusiast