

MAKING PEACE WITH YOUR BODY

A Weekend Workshop for Women

At a beautiful Resort on Cape Breton Island,

Friday, July 30, 4pm through Sunday, August 1, 3pm

Offered by Amy McLoughlin, CMT, and Barbara Weinberg, Lic.Ac.

Price 249.00 per person

We invite you to immerse yourself fully in the noble process of making peace with your own body - just as it is. Through a variety of activities, including guided meditations, sharing circles, journaling, Qi Gong, seasonal Five-Element walks, Dance for Joy, and a fire circle you will re-connect with yourself, as well as with other women, in a most stunning natural setting while enjoying the comforts of good food and superb lodging.

To request more information please sent an email to info@experientialed.com or call 1.800.465.0366