



**D'ARCY BRÜNING-HAID**  
A SOUL'S JOURNEY

## Fall and Early Winter 2010 NOURISHING THE SOUL SERIES

Where creativity, spirituality and the body meet. Workshops, seminars, individual and couples' counseling ideal for those who are ready and want to go deeper to discover the power of their emotions and their passion for life.

### D'Arcy Brünig-Haid

#### M.A. Counselling Psychology, CBT

D'Arcy has a private counselling practice working with individuals, groups and couples. She received her Masters in Counselling Psychology from Lesley University in Cambridge, Massachusetts and has trained internationally in a holistic mind-body approach to healing: weaving creativity and spirituality into new growth and learning. She specializes in a body psychotherapy called Bioenergetic Analysis and is internationally certified out of Switzerland.

D'Arcy worked as a counsellor and instructor at the University of Manitoba for six years and currently offers custom designed seminars and training on coping with stress and work-life balance, as well as team and leadership building to businesses and organizations. D'Arcy creates a safe and relaxed environment to honour the sacred space within—where all things are possible ...

### Individual Counselling: A Soul's Journey

Individual counselling is ideal for those who are ready to go beyond "talk therapy" using a variety of modalities, including: Bioenergetics (body psychotherapy), EMDR, EFT, Gestalt, Psychodrama and hypnotherapy to discover their emotions and passion for life.

#### Specializing in:

- Mind/body therapies
- Grief and fear
- Healing the past
- Treatment of anxiety and panic disorder
- Working with illness and cancer
- Stress, depression and self-confidence
- Improving relationships and communication
- Sexual abuse
- Anger release
- Finding meaning and purpose in one's life

## DANCE YOUR PRAYERS

### A Transformational and Sacred Journey Within

**Dates:** Sunday, **October 3rd**, 2010 | Sunday, **January 9th**, 2011  
Sunday, **November 7th**, 2010 | Sunday, **March 6th**, 2011  
Sunday, **December 5th**, 2010 | Sunday, **April 10th**, 2011

**Investment:** \$20 at the door or call **475-5339** or **free2be@mts.net** to RSVP

**Description:** Join us for a transformational moment in time as we enter into the sacred through movement, dance, breath and meditation. Using inspirational music to reconnect us back to ourselves, to the divine and to the community at large. We honour our mind, body and spirit connection and celebrate life to its fullest ... fulfilling our dreams and releasing what is no longer needed. No prior dance experience needed ... only a desire to move and dance!

**Location:** Franco Manitobain Centre, 340 Provencher Blvd, upstairs in the studio  
Doors open at **3:45 pm**. Starting time is 4:00 to 6:00 pm.

## Workshops for Personal Growth and Healing

### A Journey through the Chakra System & How it connects to your Body

**Dates:** Wednesday, **November 10th**, 2010, **6:30 to 9:30 pm** and  
Thursday, **November 11th**, **9:00 to 4:00 pm** (Remembrance Day)

**Investment:** \$150 | Early registration recommended.

**Description:** Learn and work with the emotional issues connected and stored in our bodies. Each chakra holds specific beliefs and emotions and is connected to the seven fundamental themes in our lives. Come ready to move and free energy.

**Location:** Winnipeg, MB | Call **475-5339** or email **free2be@mts.net**

### Creating your Dreams into Manifestation

#### A spiritual group is forming for 2011 with D'Arcy Brünig-Haid and Janis Rosen

**Dates:** We will meet for three Sundays in 2011 from **10:00 - 4:00 pm** over a six-month period:  
**January 23rd, March 13th** and **May 8th**. A commitment of **all three days** is necessary. Focused work will occur between meetings.

**Investment:** \$325 | A limited number of spots available, so register soon.

**Description:** Calling a group of like-minded people to come join us for a powerful spiritual visioning process and retreat. A place to create your desires and manifest your dreams into your life for the new year. During the group you will receive support, structure and accountability that helps shift your dreams into reality. Using powerful and effective techniques, obstacles will be rooted out instead of stopping you. Possible ideas to focus on, but are not limited to, could include: new ideas you want to bring into the new year, weight loss, expanding creativity, living a balanced life, completing a long lost goal.

**Location:** Winnipeg, MB | Call **475-5339** or email **free2be@mts.net**