



Where Creativity, Spirituality & the Body meet.

NOURISHING THE SOUL SERIES

Transformational Dancing

A Powerful and Creative process to Move your Body, Free your Spirit and Express yourself in a safe and nurturing way. Move, Dance, Heal & Celebrate life to the fullest!

Dates: Sunday, March 4, 2012: *Laughing out loud, seeing the humour in life*

Sunday, April 29, 2012: *Planting seeds of possibility*

Thursday, June 21, 2012: *Summer Solstice Celebration* (7-9pm, location TBA)

Location: 4-6pm at the Franco Manitobain Centre
340 Provencher Blvd (upstairs in the studio) Doors open at 3:45pm

Investment: \$20 at the door (Bring a new friend & both get in for half price)

RSVP: Call or email to reserve your spot at free2be@mymts.net

Workshops in Spring 2012

A Couples Tune up: Deepening Intimacy...

Making a good relationship even better.

Discover the key ingredients that allows for intimacy to grow. Identify the different stages of your relationship, what your love language is and the most common areas of conflict and how to work with them.

When: Thursday, May 10th, 6:30pm-9:30pm & Friday, May 11th 9am-4pm

Investment: Early registration bonus \$300 per couple before April 10, 2012 or \$325 after. Space ltd...reserve your spot!

D'ARCY BRÜNING-HAID

Masters in Counselling Psychology

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