



Awakening the Wise Woman

***New* Drop-In Group
Starts July 7, 2011
Runs Every Thursday
9:30 - 11:30 A.M.**

**394 Selkirk Avenue
For more information: 589-7347**



Explore traditional Aboriginal cultural teachings and the Eastern yogic wisdom of the chakras to heal from violence, trauma, and abuse and to increase self esteem.

Topics will include:

- ◆ Medicine Wheel Teachings
- ◆ The Chakras - What My Body Can Tell Me
- ◆ Simple Acupressure Massage to Cope With Emotions
- ◆ Awakening Inner Awareness Through Mindfulness
- ◆ Sharing Circle

Participants will receive a “Coping Toolkit” to use at home for self care

Child minding and snack provided
No registration needed