

HIGHLANDS GATE WELLNESS INVITES YOU TO



“COME TO YOUR SENSES”

A DAY AWAY FOR WOMEN TO EXPERIENCE, EXPLORE AND DISCOVER
WHAT IS IMPORTANT, WITH THE HELP OF OUR EQUINE PARTNERS.

SUNDAY, JUNE 7, 2015 9:00-5:00

Slow down, pause and focus to seek clarity and mindful awareness.

The day will include outdoor activities with the horses at the level of contact that you are comfortable with, (no riding involved) as well as indoor integration and discussion of the insights and concepts of working with your senses to connect the heart, mind and body.

\$125 BEFORE MAY 17, 2015, \$145 AFTER MAY 17

Includes lunch, snacks & all materials.

Led by Marleen MacDonald, MSW, RSW, & Susan Cressy, MA, CCC

4381 Wolf Grove Road, Lanark Highlands, Ontario

<http://www.highlandsgatewellness.com>

613-257-9332 (20 kms west of Almonte)

