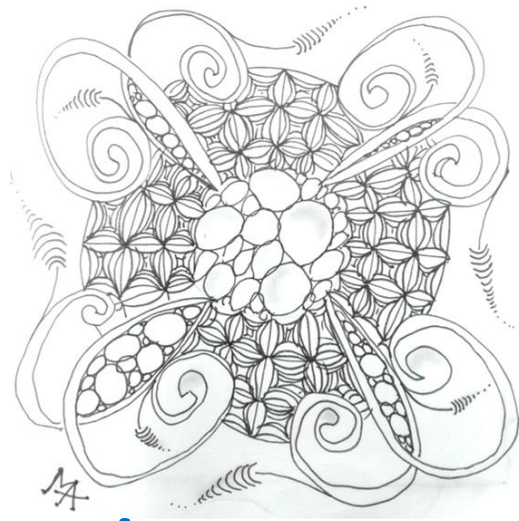


Come meet for Spirit Day Gifts of November



Stillness, Dance & Zentangle

Nov. 3rd

10:00 – 3:30pm

\$30 half day

or \$50 day

Find your quiet center in the busy-ness of life as we explore
mindful, creative ways of being truly present

SOUNDS OF SILENCE
SACRED CIRCLE DANCING
TANGLING

Peace comes in one breath at a time
Grace comes in one step at a time
Joy comes in one line at a time

Facilitated by
Mary-Anne Shipley CZT, Celia Naumann SCDF & Sheila Mayer LUT
at Melville United Church, in Fergus

Coffee, tea and lunch are provided.

RSVP Ruth Sproule 519 821-1978 ruth.sproule@sympatico.ca

♥ Everyone welcome ♥ No Experience necessary ♥
Taught in a gentle supportive environment