



NOURISHING THE SOUL SERIES

Embodying your Sacred Self: A day of Energetic Transformation

Bonnie Schroeder & D'Arcy Bruning-Haid

Join two dynamic and long time healers and facilitators for a full day to deeply recharge, nourish & reconnect with all parts of yourself. Increase your vibrational energy through meditation, movement, dance and the healing sounds of the singing bowls.

When: Saturday, January 31, 2015 from 9:30am-4pm.

A workshop experience you won't want to miss!

Investment: \$100 before Dec 31st, 2014 or \$135 in January 2015

To reserve your spot email: free2be@mymts.net or visionsawakening@aol.com or call 204-475-5339

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

A "hands on" workshop to learn and work with the emotional issues connected and stored in your body using the chakra system.

When: Thursday, March 19th 6:30-9:30pm & Friday,
March 20th 9am-4pm with D'Arcy Bruning-Haid

Investment in Self: \$150 before February 14th and \$165 after.
Space limited early registration encouraged!

D'ARCY BRÜNING-HAID

Masters in Counselling Psychology

www.souls-journey.com free2be@mymts.net

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