

HEALTHY BOUNDARIES



**Come explore your boundaries from a
shamanic perspective by the BAY!**

- *Learn about boundaries on 4 levels; physical, emotional, mental, & energetic*
- *Explore what makes boundaries compromised or weak*
- *Examine strategies to create strong boundaries*
- *Experience how boundaries can be disrupted and repaired*
- *Clarify the role of ethics and intent in the context of strong & beautiful boundaries*

Location: 808 W. Lake St, Tawas, MI

Date: May 11, 2019

Time: 10 am to 2 pm

Register: Call or **text Bev Cook at 989-255-5931** by **May 7** to reserve your spot, registration is limited to 18 participants

Cost: \$45, lunch provided

Parking: Across street at Gateway Park parking lot

