

New Date & Time !!

Caring for Ourselves

Finding inner stillness in times of chaos



Caring for ourselves fills our cup, so we may then be generous with ourselves and others. When we are empty is a struggle to continue to give, but when we are full it is a joy to give. You are invited to step into sacred space and come fill your cup, to play, and to explore. Learn strategies to find inner stillness and find a new focus that will lead you to generosity of Spirit and experience the overflow of positive emotions by participating in the following processes:

- ✚ Celebrate your internal resources & explore new strategies for care
- ✚ Learn how to shift out of chronic stress & anxiety into relaxation and stillness
- ✚ Access your playful creativity
- ✚ Experience giving & receiving care in a sacred manner
- ✚ Enjoy a 3-minute meditation to bring you back to your essence

Date & Time: March 29, 2020 from 9 am-12 noon

Location: 4600 Fashion Square Blvd, Saginaw, MI, Suite 205

Cost: \$45

Contact: Bev Cook by **text 989-255-5931** or email at **earthmatters422@gmail.com** to reserve your seat by **March 21, 2020**