

FREE SPIRIT!

A Five Week Workshop



TWO INTRODUCTORY EVENINGS: THURSDAY MARCH 5TH & TUESDAY MARCH 24TH, BOTH 7:00-8:30 PM AT THE COOP



You will learn mindful meditation and become an enthusiastic observer of your thoughts and inner landscape. With Hakomi therapy techniques you will recognize stress-causing beliefs and favour those that support your truest nature.



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**NEXT WORKSHOP IS WEDNESDAY EVENINGS
APRIL 22-MAY 20 FEE: \$160+GST**