

# Moving Toward Balance

~ Self-Care Workshop ~

**Saturday June 25, 2011, 10:00 am – 1:00 pm**  
**RiverSound Retreat, Fergus, \$55.**

**Pre-registration Required:**

**Bonnie Adam**

Acupuncturist and Reiki Master

519-400-1037

bonnie @pathwayshealing.com

or

**Jill Davey**

Yoga & Meditation Teacher

519-843-5900

jill@rasayana.ca

Learn accessible  
practices for  
self-care with  
acupressure,  
yoga, breathing  
and meditation  
to support well-  
being and peace  
of mind.

Explore simple, portable techniques to balance  
the energies of anxiety, depression,  
fatigue and tension.