

"A Wellness Workshop Reclaiming Your Inner Balance"



February 18, 2012

***"The greatest adventure of your life
is finding your own rhythm and dancing to it."***

Presenters: Kathy Mitchell, Doris Link-Schreiber and Carol Duval

The only place we can create peace is within ourselves. We can choose inner peace rather than conflict. Kathy and Doris will share tools for honoring our spirits, leading to wholeness. Their presentations will be followed by projects directed toward personal exploration. Doris will present her "4-R" approach: recognize, receive, release, rejoice. Kathy will share her personal journey. "Carol Duval will lead participants in yoga and tai chi at the end of the workshop."

This workshop is non-denominational with concepts drawn from a number of traditions and sources. Optional activities include: Chair Massage, Spiritual Direction, and a self-directed activity on "Cards of Affirmation." *Please note that the \$10.00 massage fee will be paid directly to the therapists.

Doris Link-Schreiber has been associated with St. Anthony's for 12 years. She is a retired school teacher who now concentrates on the area of wellness of body, mind, and spirit. Kathy has also been associated with St. Anthony's for many years and is also a retired teacher, pursuing her connection with God, self, others, and creation.

Begins at 9:00 a.m. and concludes by 3:30 p.m. Noon meal is included in the day.

Offering:\$40.00

Reservations

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