



Tantalus Wellspring Society

Presents a **FREE** Wellness Workshop Series

*Sunday, January 22,
9:30 a.m.-12 p.m.
Brennan Park*

*Thursday, January 26,
6:30 p.m.-9:30 p.m.
Totem Hall*

*Tuesday, February 21,
6:30-8 p.m.
Squamish Public Library*

*Sunday, March 12,
10 a.m. -1 p.m.
Squamish Academy
of Music*

Presented by:
Sarah-Jane Thomson, RCC
and Annie Martinello,
Teacher of Yoga Therapy

Presented by:
Heather Royal,
B.ED., DCH

Presented by:
Yvonne Smith

Presented by:
Lisa Mullaly, MTA

MINDFULNESS: AN INTRODUCTION

This experiential workshop is an introduction to the basics of mindfulness practice: purposely paying attention to your present moment experience, with the intention of shifting from doing mode to being mode. It will include a description of the deep mindful practice of Yoga Nidra as a form of Meditation & Relaxation and a 20-30min Nidra Yoga session.

WALKING THE MEDICINE WHEEL

Join the circle!
We invite you to experience an introduction of how the Medicine Wheel, an ancient tool, is used to create sacred space, bring in vision and manifest change. In this workshop you build your own Medicine Wheel and gain insight into the sacred teachings of Earth Based Wisdom to assist your own path towards physical, mental, emotional and spiritual balance and enlightenment.

DENTAL SEMINAR

**Are you afraid of the dentist?
Embarrassed about
the state of your teeth?
Is dental care too expensive
for you and your family?**
There is hope. Come learn simple steps to improve your dental health; how to stop decay and strengthen your teeth now. Learn where/how to apply for dental care programs, how to navigate this complex system, and create your own care plan for you and your family. Yvonne Smith is an experienced dental hygienist in town, working for over 30 years in the field. She is engaging and realistic and wants to help people take control of their dental health from any point.

MUSIC

Introduce yourself to the healing qualities of music! A three-hour, three-part workshop will take a focus on music as a process for coping with trauma. Promising to be equal parts inspiration and education, it will feature drumming exercises, improvisation, group songwriting, as well as a presentation on case study research..

SPONSORED BY:



Please register at www.tantaluswellspring.ca