

Bliss Energy Workshop

meditation... movement... art

Saturday March 17, 2018

10am – 12pm

Join **Bliss Energy Workshop** with *Irena Bliss*

*It is time to open into our full power and live aligned with our heart and spirit!
Let us come together in a 'soul journey', enlivening body, mind and spirit!
Mother Earth reminds us to renew and birth new possibilities within
ourselves. – Irena Bliss*

Join Irena as she weaves a journey of:

- guided meditation/visualization
- intuitive art & journaling
- gentle movement
- energy awareness teachings



to support you in opening, releasing, tuning in, and aligning with heart and spirit!

Theme: **RELATIONSHIP – with ourselves, with others, and with all life!**

Benefits: This experiential workshop supports your empowerment, relaxation and well-being, through practices that enhance clarity, ease, connection, and happiness! 😊

Please bring: a journal & pen, personal yoga mat if desired, reusable drinking water container. Please wear comfortable clothing. All art supplies are provided.

Parking available. *Light refreshments. No experience necessary. All are welcome!*

Workshop Fee: \$20

Contact: To register and learn more, please contact:

Tel 289 646 1515 **Email** irenabliss@gmail.com

To learn more about *Irena Bliss*, visit www.aboutbliss.com.

Location: **Optimal Wellness Niagara**

www.optimalwellnessniagara.com **Address:** 26 Hiscott St, St. Catharines, ON L2R 1C6