



Stay & Play in Red Deer

Mindful Living Immersion

with Suzanne Blackwell

July 23-27, 2018

Mon-Fri - 8:30 am - 3 pm

Wild horses of life tugging you in all directions? Take the reins! There are so many strategies for choosing conscientiously how you want to live your life ... but what about putting them into practice?

This "home school" will allow you to immerse in mindfulness completely for 5 days - daily movement (yoga & even mindful martial arts movement) & body alignment, breathing practices, eating & nutrition choices, meditation, communication, self-awareness & self-care, conscious living "philosophies" and more. The amazing T's Café is on-site to enhance your mindful eating experience!

Your instructor, Suzanne Blackwell, is a Yoga Teacher, Therapist & Trainer as well as a Fitness & Lifestyle Leader and 3rd Degree Black Belt in Martial Arts. She integrates her own varied experiences to give you practical tips & tricks for mindfulness in daily life.

at **The Breathing Room** Yoga Studio & Café

www.breathingroomreddeer.com

130, 2840 Bremner Ave, Red Deer, AB

Early Bird Discount: Register before June 30

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