

Mind-Body Awareness Through Relaxation

Presented by Don Shetterly
Licensed massage therapist

Sunday, July 19, 2009

2:00 – 4:00 pm, \$20

Andrew Jackson Davis Building
1112 Stevens Street

This workshop would focus on the Mind-Body Awareness. Through relaxation, movement, breathing, energy flow, the spoken word, music and just connecting the mind and body together as one to bring about a deeper awareness and a more spiritual connection with the universe.

Bring: Yoga Mat/or Blanket plus a pillow and comfortable clothing

For information and to pre-register 386-228-2880

Southern Cassadaga Spiritualist Camp Meeting Association
www.cassadaga.org or www.ThePathStartsHere.com