

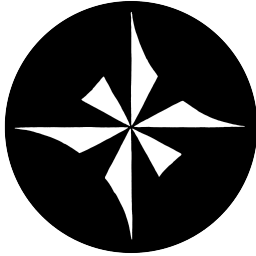
Am I the only one who feels this way?

Befriending our Bodies

Saturday February 4 – Sunday February 5, 2012

9:15 – 4:30 each day, lunch included.

Toronto: Broadview/Danforth Area. TTC and parking accessible



Cost, Before January 15th: \$275.

After January 15: \$325.

Non-refundable deposit at time of registration: \$75.

Register early!

10 Participants maximum

Most women do not like all or parts of their body!

This course is designed for:

- women who want to feel at home in their own skin and learn to access this powerful source of inner guidance and wisdom.
- women who know it is time to care for this most important personal resource by letting go of negative attitudes, influenced by cultural and religious traditions, towards their bodies and sexuality, .
- women who want to know from within that their body and sexuality are as sacred and miraculous as any other part of nature;
- women who want to create sacred healing space together to support optimum physical, emotional and spiritual health.

Anne Simmonds DMin. has been offering this workshop for women for over 12 years. She draws on her accumulated wisdom and experience for over 30 years in her capacity first as nurse, then as hospital chaplain, congregational clergy, and now spiritual counselor, workshop & retreat facilitator. Anne is currently adjunct faculty at Emmanuel College, Toronto, where she teaches in the areas of dying, grieving and spiritual practice. Anne is a skilled facilitator who uses a variety of engaging practices including focused conversations, individual reflection, small group sharing, and intentional self-care activities.

Questions? Call Anne at 416 469 8377

Email: anne@annesimmonds.ca

www.annesimmonds.ca

Befriending Our Bodies Registration Form February 4-5 2012

Name: _____

Mailing Address _____

Phone: H _____ W _____ e-mail: _____

To register, send this form with your registration fee, made payable to:
Rev. Dr. Anne Simmonds, 1A Bain Avenue, Toronto, Ontario M4K 1E5