



# Year at a Glance

Senses Events for 2019 | [sensesmindfulness.com](http://sensesmindfulness.com)



*Re-mind, Re-new,  
Re-store, Re-plenish*

Set your New Year's Re-solutions into motion by committing to living a mindful life. Learn to develop a presence of mind and become the captain of your own ship.

Register for a **Senses Mindfulness Coaching** event today!

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For more information, visit the *Discoveries* page on: [sensesmindfulness.com](http://sensesmindfulness.com)

To register, please contact:  
[info@sensesmindfulness.com](mailto:info@sensesmindfulness.com)  
403.519.1959

## **Replenish — A Music & Mindfulness Drop In Group**

March 5 - April 23, 2019, 7-8 pm  
Wednesdays, Resonance Wellness  
(200, 3116 4 St NW, Calgary)  
\$15/person or \$80/8 prepaid

## **Reinvent — A Workplace Wellness Workshop**

March 7, 2019, 6-9 pm Resonance Wellness  
(200, 3116 4 St NW, Calgary)  
\$97/person

## **Restore — Healing Workshop for Frontline Workers & First Responders**

March 21, 2019, 6-9 pm  
Resonance Wellness  
(200, 3116 4 St NW, Calgary)  
\$97/person

## **Nurture — Being & Living Into A Mindful Mother**

April 3, 2019, 6-9 pm Resonance Wellness  
(200, 3116 4 St NW, Calgary)  
\$97/person

## **The Mindful Man — Awakening the Hero Within Workshop**

February 17, 2019, 6-9 pm  
Folk Tree Lodge in Bragg Creek  
\$97/person

## **Awakened Family Retreat**

February 22-24, 2019  
Folk Tree Lodge in Bragg Creek  
\$597/family (includes lodging, food & workshops)

## **Inspire — A Teachers & Coaches Resiliency Retreat**

March 22-24, 2019  
Back to Nature Retreat  
\$697/person (includes lodging, food & workshops)

## **Renew — A Women's Wellness Retreat**

May 3-5, 2019  
Invermere, BC  
\$597/person (includes lodging, food & workshops)