



Year at a Glance

Senses Events for 2019 | 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!

For more information, visit the *Discoveries* page on: sensesmindfulness.com

To register, please contact:
info@sensesmindfulness.com
403.519.1959

Replenish — Living a Mindful Life Workshop

January 24, 2019, 6-9 pm
Resonance Wellness
(200, 3116 4 St NW, Calgary)
\$97/person

Reinvent — A Workplace Wellness Workshop

February 17, 2019, 1-3 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

March 28, 2019, 6-9 pm
Resonance Wellness
(200, 3116 4 St NW, Calgary)
\$97/person

The Mindful Man — Awakening the Hero Within Workshop

February 10, 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)