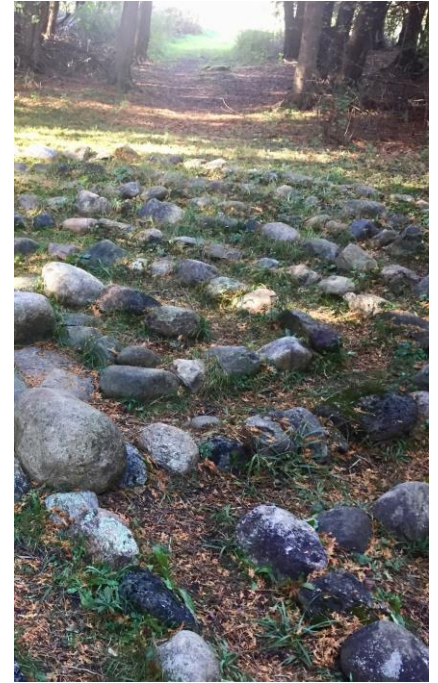




Mindful Stillness Leading to Creativity

Sunday, November 3, 2019
10 am – 3:30 pm



**St. Brigid's Villa
Ignatius Jesuit Centre**
**5420 Hwy 6 N.,
Guelph, On
N1H6J2**

Join us for a day of silence and stillness. Participate in guided meditations and visualizations, nature walks, and express your creativity by making art using natural materials of rock and trees.

Retreat Day Pass \$80

Includes lunch, snacks, coffee/tea, all art materials

Registration via eventbrite:

<https://www.eventbrite.ca/e/mindful-stillness-leading-to-creativity-tickets-71919225339>

Mindfulness

Carla Waites

**Facilitator of SMART
courses (stress management
and resiliency techniques)**

carlawaites24@gmail.com

Contact Carla Waites
226 791 8788
for more information



Trees and Rocks In Art

Michele Kleinschuck

**Visual Arts Specialist
Teacher with WRDSB and
Current President of the
Ontario Art Education
Association (OAEA)**

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