



## **The Wellness Collaborative**

Counselling, yoga, psychology, leisure and nutrition. Working together for improved health.

147 Wyndham St N, Suites 403 & 405, Guelph, ON N1H 4E9  
thewellnesscollaborative.com

# **I Am Enough: A Day Long Retreat**

This day is intended to be a retreat from the demands of daily life so you can care for yourself, increase self-awareness and grow your self-compassion.

It is meant for anyone, regardless of previous experience with meditation, yoga or therapy, who wants to embrace this concept:

**In this moment, what I have, what I do, and who I am is enough.  
Accepting this allows me to connect to meaning and purpose amid life's  
challenges.**

Several different presenters will offer mindfulness meditation, play, very gentle yoga practices, mindful eating, and time outside in the beautiful natural environment at St. Ignatius. Each will help you be open to the strengths that are already present in your life, and add skills and awareness so you can be resilient in facing whatever comes next. We expect that this will be a fun and rewarding day!

Date: Saturday March 24, 2018  
Time: 10:30 a.m. to 5:00 p.m.  
Location: At St. Brigid's Villa on the beautiful grounds of St. Ignatius  
Fee: \$80 (includes refreshments & snacks).  
Other: Bring your own lunch and dress appropriately for the weather.

For more information, please visit [www.thewellnesscollaborative.com](http://www.thewellnesscollaborative.com)

If you prefer to speak to someone on the phone or by email, please contact:  
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