

Trillium Healing Arts



Open House

Saturday, August 25
235 9th Street East, Owen Sound
10:00 am to 4:00 pm

Trillium Healing Arts is an oasis for healing, relaxation, rejuvenation and transformation in downtown Owen Sound. Join us for our fabulous FREE annual open house, with hourly yoga, meditation and reiki sessions, naturopathic lectures and meet our team of remarkable healers and teachers.



Schedule

Sat Dharam Kaur, Naturopathic Doctor

- 10:00 Introduction to Kundalini Yoga
- 11:00 Introduction to Women's Health
- 1:00 Detoxification of Toxic Metals
- 2:00 Clearing Candida
- 3:00 Overcoming Adrenal Fatigue

Frances Brown, Reiki Master and Meditation Teacher

- 10:00 - 3:00 FREE 1/2-hour reiki sessions (come early to sign up)
- 3:00 Mindfulness Meditation

Ramona Bessinger, Hatha Yoga Instructor

- 11:00 Building Upper Body Strength through Yoga

Kathy Harker, Hatha Yoga Instructor

- 1:00 Beginner's Hatha Yoga

Schedule subject to change.

Please call 519 372-9212 confirm times and register for classes (no charge).

www.trilliumhealingarts.ca

AND a special vegan lunch featuring local foods will be served around the corner at The Ginger Press from 11:30 - 1:00.
Reserve at 376-4233 (\$15).