Your Body is Talking, Are You Listening?  
Workshop

In this session, Jeannine will help you learn tools and strategies to help you listen to your body, to connect in a different way and help you relieve stress and relax. If you are looking to find new ways of communicating and understanding yourself or if you are looking for ways to help reduce your stress in your work environment or at home, come and experience whole body focusing and what it has to offer. This is an experiential session, so come with an open mind. All you need is comfortable clothing. If you wish, you may bring your yoga mat as you may prefer to do some of the exercises laying down, but know that it is not necessary.

Facilitator: Jeannine Riant, a former teacher/principal, once found herself struggling through tough emotional times, feeling a disconnect, as if something was missing. She has since turned things around, and is now on the hunt to help you answer that well known question ‘Am I coming or going?’ Connecting her newly found insights to new action is what has helped her connect on a deeper level. Jeannine wants to share these new insights and techniques with you that she has discovered along the way. Helping you increase your energy, decrease your stress, become more focused and grounded, and connect you with these tools and methods that will facilitate your life.

Having a solid background in the holistic world and 10 years experience in the field of teaching, Jeannine now combines knowledge from both fields of expertise and pulls everything together as she puts the fun back into mental focus. She is entertaining, gentle, compassionate and will assist you in helping you find your connections... and you may be surprised to see where and how they pop up!

Date: Saturday, November 5, 2011  
Location: NSCC Lunenburg Campus  
Time: 10:00 am - 12:00 pm  
Cost $30.00

Compete registration form and return with payment by Friday October 14/11 to:

NSCC Burridge Campus, ECDSC  
372 Pleasant Street  
Yarmouth, NS B5A 2L2  
Cheques Payable to: NSCC-ECDSC

Registration form can be downloaded at  
http://www.ecdsc.nscc.ca/docs/BurridgeRegistration.pdf

For further information contact: ECDSC 742-7832 or donna.barrett@nscc.ca