

***Celebrating Gratitude:
A Path of Happiness***
Celebrate Life, Love & Gratitude

Date: Sunday, November 27, 2016

Workshop: 1:30-4:30 PM

**Location: Lake Superior Interfaith Community Church
1414 East 9th St., Duluth, MN**

Receive Easy, Powerful Tools to:

- ♥ Add appreciation & playfulness to all areas of your life.
- ♥ Connect to the wisdom of your heart, mind & body.
- ♥ Enjoy a relaxing appreciation body scan meditation.
- ♥ Discover how gratitude wants to move in your body.
- ♥ Create a simple personal gratitude symbol.
- ♥ Learn & experience gratitude practices to empower your life & spirit.

To register or for more info: **Contact Carol Gieseke (218) 728-3385.**

Suggested workshop fee: \$25.00.

Wear comfortable clothing for moving & for lying on floor. Bring a yoga mat or blanket to lie on and, if you tend to get cold, a light blanket to cover yourself with. In other words, bring what will help you feel cozy during the appreciation body scan meditation.

Your Workshop Leader:

Spruce Krause, M.A., Counseling Psychology, Reiki Master Teacher, Life/Career Coaching & Counseling, Licensed Massage Therapist, Certified Laughter Yoga & InterPlay Leader. Spruce has over 20 years of experience supporting individuals and groups in body/mind healing and personal transformation with a playful touch. Learn tools to re-wire the brain for greater happiness & to balance your energies for optimal living & healing past trauma.

To learn more about Spruce, check out her website at: www.happywayhealing.com .

You can also contact her at spruce.krause@gmail.com or (612) 245-9920.

If you email her, please have topic line be "Celebrating Gratitude" so the email doesn't get buried.