

Drumming Equinox Celebration



FRIDAY MARCH 16, 2018
7:00 - 8:30 PM

\$40 (\$35 MEMBERS)

**Honour the spring season, a
time for change and for healing.**

**Drum, breathe, connect and
create in an integrative drum
circle experience**



Michelle Engblom is a professional who is passionate about exploring connections in mind-body-spirit, while also supporting and empowering individuals in their personal growth and development. She is involved in leading programs in expressive arts therapy, yoga, mindfulness based stress reduction and individual counseling.

206, 2016 Sherwood Drive . yogafortoday.ca

