

# Drumming Equinox Celebration



Friday, September 14, 2018  
7:00 - 9:00pm

*\$40 (\$35 members)*

*with Michelle Engblom*



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.

*Then followed that beautiful season... Summer...  
Filled was the air with a dreamy and magical light;  
and the landscape  
Lay as if new created in all the freshness of  
childhood.*

*- Henry Wadsworth Longfellow*

#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)

