

A Mindful Day in Nature



*Join Martha McCallum for an
introduction to mindfulness.*

She will combine her three favourite nuggets of mindfulness with a mindful walk on the trails above the Alpine Club of Canada, in Canmore, Alberta.

For Martha, the study of mindfulness began in 1998 as a tool to reduce stress and blossomed to encompass all aspects of the art of living well.

\$40 includes a fresh and wholesome lunch!

April 12 or May 3, 2015 • 10 am – 4 pm

Contact: 403.609.0824 martha@feelyourbest.info www.feelyourbest.info

Martha McCallum,
BSc, MEdes, certified
Hakomi mind/body
psychotherapist and
yoga teacher, has focused
her work on solutions to
stress since 1998.



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