

PRESENTED *by* CHENEY CREAMER & ONE GREEN SQUARE WELLNESS CONSULTING

# TREE-SILIENCY™

## LESSONS FROM NATURE

**Location:** Keechitawin (Creation Smiles)

**Date:** Saturday, August 12, 2017

**Time:** 10:00am – 4:30pm (Tea at 9:45am)

**Price:** \$185 / person

17km West of  
Saskatoon on  
Highway 14

Directions provided  
upon registration.

**SATURDAY,**  
» → **AUGUST 12** ← «

- Practice quick and simple methods of reconnecting with nature proven to build personal resilience.
- Learn self-care strategies that are easy to remember, fun to apply, and immediately effective at reducing the impacts of stress.
- Explore healing tools and techniques ranging from ancient wise traditions to modern practices of HeartMath®, Horticultural Therapy, and Japanese Forest Medicine.

**Please bring a bagged lunch with you.** Light refreshments and herbal tea will be served throughout the day. Other items to consider bringing; a small token of nature to place on our altar for the day, towel or small blanket to sit on outside, a journal and pen, weather appropriate clothing and footwear (we will be going outside!), insect repellent &/or sunscreen as you see fit.

TO REGISTER, PLEASE VISIT OUR WEBSITE AT [WWW.ONEGREENSQUARE.CA/TREES](http://WWW.ONEGREENSQUARE.CA/TREES):  
FOR MORE INFO, CALL 604-230-2128 OR EMAIL [CHENEY@ONEGREENSQUARE.CA](mailto:CHENEY@ONEGREENSQUARE.CA)

2ND EVENT – SAME LOCATION:

# SUNDAY DIRT WORSHIP

DATE: Sunday, August 13, 2017 TIME: 10:30 – Noon PRICE: Donation (Suggested \$20)

– COME AND ENJOY A  
GUIDED MINDFULNESS WALK

– LEARN UNIQUE WAYS TO RECONNECT  
WITH YOURSELF, OTHERS, AND NATURE

– RE-ENGAGE WITH THE BEAUTY OF THE WORLD

ONE  
GREEN  
SQUARE