

MEDITATION & BREADMAKING WORKSHOP

DATE: Saturday, March 11 | **TIME:** 9.30 AM – 2 PM

COST: \$85 | **LOCATION:** Old South, N6C 2E7



ARE YOU feeling winter blues, worrying about the world's situation, craving some inner centering in your life AND you've always wanted to learn how to make bread? . . . This unique workshop is for you!

HELEN BUTLIN & ANDREA SCHMIDT offer a day of renewal, weaving together the meditative process of breadmaking with mindfulness and soul practices for centering within.

Learn how to bake a loaf of beautiful, organic spelt bread (*note: spelt is not gluten free*) with **ANDREA**. In the quiet (in-between) stages of bread baking, **HELEN** will facilitate guided meditations to reflect on what is fermenting in your psyche for renewal, and learn simple practices for inner centering.

WORKSHOP FEE INCLUDES

- Basic mindfulness & soul practices with take-home readings for daily life.
- A copy of Andrea's new book *The Fun of Baking Bread!*
- Everything you need to learn how to make incredible organic spelt bread.
- A simple lunch of warm bread, butter, cheese, tomato and cold cuts.



PRESENTED BY

HelenButlin.com

Art by David Fontana
Meditating with Mandalas



A-SCHMIDT.COM

TO REGISTER

EMAIL: helenjbutlin@gmail.com

OR CALL: (519) 933-5239

REGISTRATION DEADLINE:

Wed. March 8