

Special New Year Event!

Labyrinth Walk & Music Meditation

The Labyrinth is an ancient Sacred Symbol. Walking the Labyrinth can bring Healing and Restorative Energy into every cell of our body and mind.

When we combine the benefits of this simple Walking Meditation with Sacred, Healing Music our Hearts open to the Joy and Peace that is our natural state.

Saturday January 23rd
1pm - 4pm

Ralph Thornton Centre
765 Queen St. East, Toronto

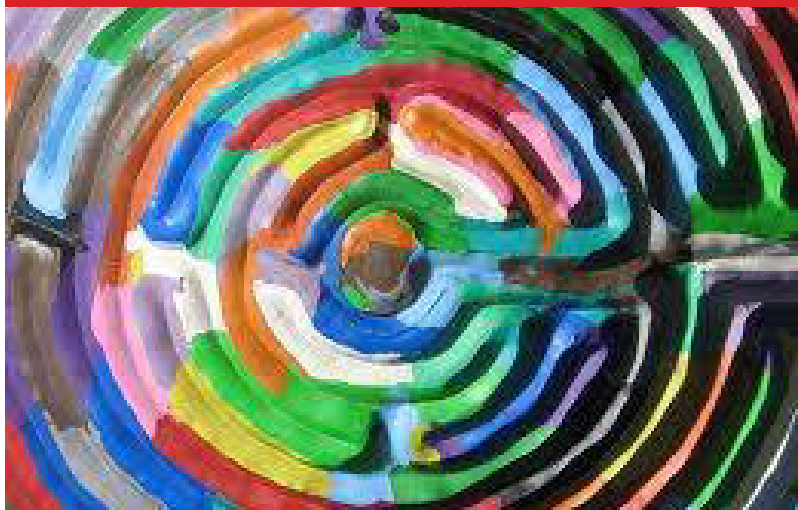
Advanced payment:
\$25/person or 2 for \$40

Payment at the door:
\$30/person

RSVP: 416.528.1560
success@jillhewlett.com

Experience this indoor modern day pilgrimage to:

- Share in a sacred and uplifting community event
- Rejuvenate your body, clear your mind and open your heart
- Meet new people, try something new and be inspired
- Come with a goal you would like to manifest for 2016, we will incorporate personal intentions into the tapestry of the workshop!



Guest Presenter

Debbie Danbrook

Debbie Danbrook is a **Master of the Shakuhachi** - an ancient Japanese flute that was traditionally played only by monks as a type of Zen called '**Suizen**' or blowing Zen. She is the first woman to have mastered this difficult instrument. Debbie uses the Shakuhachi with her voice to offer music that is meditative and healing. She has released **20 CD's of Healing Music**, the most recent with Grammy award winning cellist **David Darling**. Her music has been heard on countless healing videos/films and most recently on a major US television series. Debbie plays at **Healing Events** and workshops throughout North America, Europe, Africa and Japan.
www.healingmusic.com



Host/Facilitator
Jill Hewlett

Brain Fitness and Wellness Authority

