

Sacred Journey Walks Most Saturdays and Sundays 9:30 – 10:30 am

Sunday Soul Funday Most Sundays 10:30 - dusk

Sacred Journey Walks - Meet at Creek Trailhead near horseshoe pits. Experience the energy of the Sacred Circle as you are guided in a healing process. Release undesirable energy and allow loving energy. Access inner harmony and deepen your connection to the perfection of nature. Creek walks, guided breathing, cold dips, stretching and inspirational conversations offered.

Sunday Soul Funday – Have fun playing horseshoes, badminton, disc & mini golf. Go foraging. Bring a craft of your own to work on. Take quiet time for yourself. Exercise. Bring friends. Bring food to share or for yourself.

My intention is to share this beautiful property with others doing things that bring us joy. Come join me. RSVP to confirm & for directions. Donations appreciated.

Susan **Bridgit** Cooper
Soul-Centered Life Coach
MSc Spiritual Psychology

www.BridgingLight.net
530.308.1737
susanbridgitcooper@gmail.com

Surrounded by conscious, loving people and healing grace, spreading love all over the place.