

Join the Flow of Nature

Join the Flow of Nature is a very special offering that blends the passion and talent of Nancy Kitchens, RYT500 and Loretta Pickford, LLPC, NCC.

This morning retreat for women blends yoga and creative expression for rest, reflection, rooting, and readying yourself for a new cycle of growth.

As we watch the season change around us, we invite you to step into this flow of nature. Join us for a morning of letting go, sending energy to your roots and creating seeds as we mirror the flow of fall into winter, winter into spring.



Art Flow ~ Yoga Flow

- What "leaves" are ready to drop from your tree?
- During the days of winter when light surrenders to more darkness, how can you go inward and nurture your spirit?
- What seeds do you wish to germinate in the new year?

Enjoy a morning of yoga, creative arts and community. We will end with a light lunch to nourish our bodies and celebrate the beauty we created together.

When: Saturday, Nov. 16, 9am - 1pm

Where: 101 W. Chicago Blvd, Suite 130, Tecumseh, MI 49286 ~ 517-662-0122
Entrance is on Evans Street. Look for the black awning over the door.

Cost: \$65 for workshop and lunch

Register: Online at www.artpluscounseling.com or call 517-662-0122

Nancy Kitchens, RYT500 is a "retired" educator with a passion for introducing others to the many benefits of yoga. Whether a beginner on your journey in yoga, or an advanced student, Nancy enjoys guiding your practice to a deeper level.

Loretta Pickford, LLPC, NCC is a counselor/expressive arts therapist and the owner of Art + Counseling. She holds a Master of Arts in Clinical Mental Health Counseling and a graduate certificate in Expressive Arts Therapy. She is passionate about expressive arts therapy and considers it is an honor to bear witness to the healing journey of her clients.