



Long before the “green” consciousness of today there was an inherent knowledge of seasonal well being. Traditions were passed from our ancestors, and more recently our grandmothers, grandfathers, healers and farmers, and individuals that live with seasonal rhythms.

We now have global access to grown foods, herbs, and healing practices. While this has served us well by expanding our awareness, perspective and access to resources, it’s easy to lose sight of the fundamental basics of local and regional foods, herbs and healing practices.

Living in cities and suburbs and working 8-10 hours a day indoors, gets us farther away from seasonal wellbeing. The potential outcome being exhaustion, illness, diminished creativity, accelerated aging and an inability to being happy, vibrant and healthy.

Seminar Outline

Throughout the seminar, you will discover and explore your own personal connection to the seasons of our beautiful Mother Earth.

We will show you how to optimize your health throughout the autumn season, while preparing to merge into the winter season feeling vibrant, healthy and protected.

Topics Of Discussion

- *Recognizing your inherent connection to seasonal changes.*
- *The ways in which the autumn season can affect you; Body, Mind and Spirit.*
- *How to combine your own, personal traditions with seasonal traditions.*
- *Special herbal formulas for autumn and how best to use them.*
- *Autumn’s regional foods and how to incorporate them into your life.*
- *Exercises to recalibrate and balance you through autumn and into winter.*
- *How to unlock your own, personal seasonal expression and create balance.*

LOCATION

Smith-Gilbert Gardens
2382 Pine Mountain Road
Kennesaw, Ga 30152

COST

New Participants: \$130.00
Returning Participants: \$110.00

For more information, call
770-419-1234 or
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www.docmonica.com

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Reservations Must Be Received By
September 15, 2010

Please Note

We cannot give refunds after
September 15th, 2010