

## **Body...Mind...Soul...Spirit**

A safe place to address real life situations and be with like minded people who are discovering their light, transforming themselves and their worlds through a 4 level process of movement & drumming that empowers you to:

Connect with your body and feel good about yourself

Listen to and care for yourself

Connect with your truth

Gain clarity

Feel centered



## **For Women**

**With Jane St. Croix**

*"Jane gently leads you back to yourself, your authenticity and passion. When you begin to truly love and appreciate yourself again, you see love and beauty everywhere you look." - Jody Amato*

# **2<sup>nd</sup> & 4<sup>th</sup> Saturdays in 2012**

(Bring a rattle or drum. Extras available if you don't have one.)

## **\$10.00**

January 14<sup>th</sup> & 28<sup>th</sup>  
February 11<sup>th</sup> & 25<sup>th</sup>  
March 10<sup>th</sup> & 24<sup>th</sup>  
April 14<sup>th</sup> & 28<sup>th</sup>

May 12<sup>th</sup>  
June 9<sup>th</sup>  
July 14<sup>th</sup> & 28<sup>th</sup>  
August 11<sup>th</sup> & 25<sup>th</sup>

September 8<sup>th</sup> & 22<sup>nd</sup>  
October 13<sup>th</sup> & 27<sup>th</sup>  
November 10<sup>th</sup>  
December 8<sup>th</sup> & 22<sup>nd</sup>



Franciscan Living Urban Center for Spirituality ♦ 2410 K Street, Suite A ♦ Sacramento 95816

[Welcome@FranciscanLiving.org](mailto:Welcome@FranciscanLiving.org) ♦ 916.718.4797 ♦ [www.FranciscanLiving.org](http://www.FranciscanLiving.org)