



NEW WORKSHOP ALERT!

Embrace the Season of Reflection, Creativity and Letting Go

As the leaves fall and nature begins to rest, it's the perfect time to embrace the season's energy of letting go and reflection. Join us for a Late Fall Morning Altars Workshop, where we'll connect with nature's beauty, explore creative expression, and cultivate mindfulness through the ancient art of Morning Altars

What to Expect:

- **Creative Nature Rituals:** Learn how to build beautiful, temporary nature-based altars using the colors, textures, and elements of the fall season.
- **Seasonal Reflection:** Reflect on the cycles of nature and how they mirror our personal journeys. Use this practice to release what no longer serves you and set intentions for the winter months ahead.
- **Mindfulness and Connection:** Slow down and savor the present moment, reconnecting with yourself, nature, and your creativity in a supportive, peaceful environment.
- **Guided Meditation:** Experience a gentle meditation to help ground you in the energy of autumn and open your creative flow.

When: November 6, 2024

Time: 4p- 6p Pacific Time

Cost: \$60

Limited places!

Book via email:

julie@heartscapesllc.com

This will be a virtual
Workshop on Zoom

This workshop is designed for everyone—no prior experience with Morning Altars is needed. You'll leave feeling more connected to nature, grounded in the present, and inspired by the power of creative ritual.



REGISTER YOUR SPOT TODAY! [Email: julie@heartscapesllc.com](mailto:julie@heartscapesllc.com)