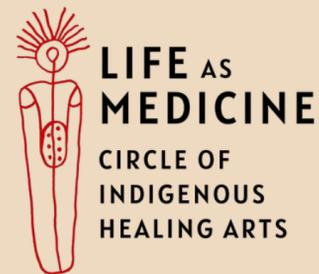


# IGNITING OUR HEARTSPARK



**STILL**  
somatic mindfulness inquiry

**FINDING RADICAL HOPE IN TIMES OF UNCERTAINTY**



**Join us for a day in  
Community, Igniting our  
HeartSpark Together  
through Ceremony and  
Song, Somatic Practices  
and ArtFull Expression**



**Saturday February 28<sup>th</sup>**

11 to 5PM Atlantic

10 to 4PM Eastern



**Hybrid:**

**Zoom and In Person:**

Old School Community

Gathering Place,

Musquodoboit Harbour, NS



**Fees:** \$99

(scholarships available)

**Register online at [www.lifeasmedicine.ca](http://www.lifeasmedicine.ca)**