

Ongoing Events

Browsers always welcome

Gently used health & wellness books for loan or discounted purchase.

- ★ **Threads of Life:** drop in and relax with a cup of tea, quiet music, and your favourite craft work. A basket of colourful wool & needles awaits you.
- ★ **Friday Afternoon Tarot Readings available**
- ★ **Saturday Blending Table**
Create your own fragrance and emotional wellness remedies using pure essential oils or Bach Flower essences.
- ★ **Wise Women Circles**
Months with five Mondays we host an evening series with conversation and refreshments. **Goddess Days** are our open house events featuring a Guest Speaker and special subject.
- ★ **Classes/Workshops/Retreats**
 - Pre/Post Natal Care; Breastfeeding
 - Infant Massage
 - Therapeutic Touch™; Reiki
 - Astrology; Tarot
 - Aromatherapy
 - Diabetes Care
 - Nutrition and Healthy Eating

We offer on-site wellness: home visits and in-home personal support care, information presentations to groups and classes, spa parties. Inquire about our pricings on a variety of services.

On the path to wellness

One-Minute Wellness ideas that encourage self-awareness and relaxation:

Breathing

- inhale for 5-10 seconds, hold 5-10 seconds, exhale for 5-10 seconds
- inhale an appealing natural source scent such as a flower, fruit, spice or pure essential oil
- inhale with colour, visualizing your body filled with the energy of the colour:
 - ◆ red = vitality
 - ◆ orange = confidence
 - ◆ yellow = clarity
 - ◆ green = balance
 - ◆ blue = wisdom
 - ◆ violet = inspiration

Movement

- bend & stretch (head & shoulders, knees and toes); smile; hug a loved one
- massage hands or feet thoroughly with rich lotion or lather them in warm soapy water

Senses

- savour the sight, scent, taste and texture of a bite of a favourite food
- immerse yourself completely in recalling every detail of a happy memory

Sound

- hum the scale: doh-reh-mee-fah-soh-lah-tee-doh or repeat the sound you make when watching exciting fireworks: ohhhhh. . .
- exercise your left and right brain by humming a short tune, count aloud to five, then hum again.

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Discover the Path . . .

A Touchstone
for

Health and Wellness

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Drop-ins Always Welcome

Wed - Sat 10-5pm

Monday, Tuesday & evenings
by appointment

