

CREATE YOUR OWN WORKSHOP

Embark on a journey of self-discovery and inner peace with our transformative mindfulness workshops at the heart of Awakenings. Delve into the realms of spirituality or mental health and mindfulness as you choose your path to holistic well-being. Dive deep into spiritual topics that resonate with your soul or explore the power of mindfulness for mental clarity and emotional balance. Led by experienced guides, these workshops offer a safe and nurturing space for growth and exploration.

After enriching your mind and spirit, continue your journey with meditation, reflection practices and optional yoga/sound bath sessions designed to ground your newfound wisdom into your body and soul. Whether you seek spiritual enlightenment, mental resilience, or simply a moment of tranquility, our workshops and practices are here to support you every step of the way. Embrace the opportunity to nurture your holistic health and awaken your true potential.

TAKE
CARE
OF
YOUR
MIND



CHOOSE A TOPIC

Chronic Stress - Through interactive teaching and reflection, learn how to reframe stress and overwhelm to be a catalyst of presence in your own life and work.

Self-Compassion - A practical guide to bringing genuine care and kindness to yourself, in order to offer soothing to your struggles and challenges of being human in this modern world.

Emotional Regulation - In order to create, lead, and connect, we must be internally regulated and centered. This is an experiential offering to support you in cultivating internal safety and nervous system health.

Cultivating Gratitude - We will always find what we look for. This session provides you with resources, practices, and reflections in

finding the good and the beautiful, even in the most ordinary of moments.

Healing Through Forgiveness - This session provides reflective resources and practices on how to support the journey of forgiveness so you can live lighter in body, mind, and heart.

Conscious Communication - The entire human experience is a relationship - with self, others, and the world around. This session is designed to be interactive and grow your confidence in how to connect and lead from the heart and cultivate the synergy of interdependent relating.

CUSTOMIZE

A keynote teaching on the topic of your choice will address the multi-faceted approach to healing, as well as exploring preventative practices to maintain well-being. Meditation is included in all workshops... yoga and sound bath is optional (all props are provided). Don't see a topic of interest? We can create what you need.

You have the option of a half day workshop with a healthy snack midway (1 topic choice), or a full day workshop with a nutritional lunch break included (2-3 topic choices). The max number of participants is 40. See website for pricing and more detailed info. (We can accommodate your budget if need be).All experiences are customizable to meet the needs of the participants.

OUR WORKSHOPS



Our workshops are designed to provide you with the knowledge and tools to empower you to cultivate your own mental and physical well-being in a supportive and compassionate environment. Curated content and resources are provided post workshop for continued support. All participants will receive 15% off an individual service or class at Awakenings if booked within 30 days of attending a workshop.



ABOUT US

Our mission is to enlighten individuals through the mind, body and spirit connection with a focus on mental health. The physical body will never fully heal if the spirit is broken.

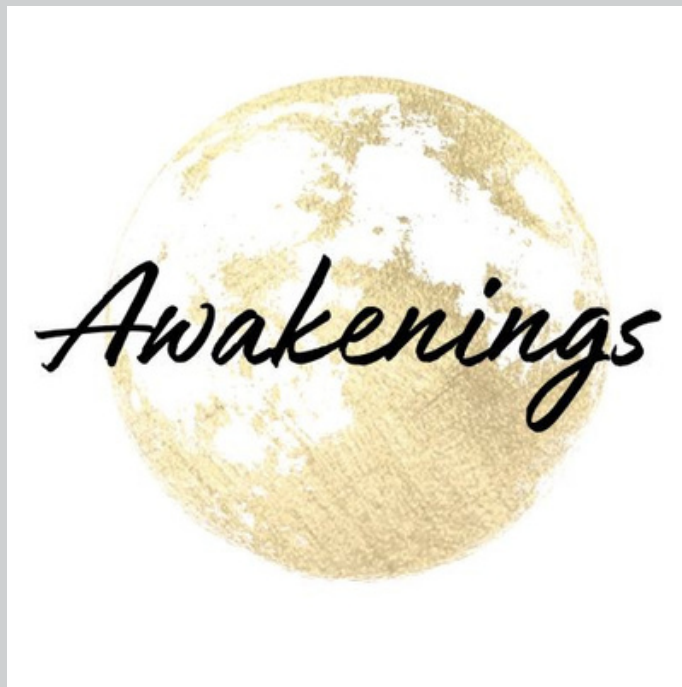


CONTACT US →

WWW.AWAKENINGSARNIA.CA

Email
awakeningsarnia@outlook.com

Address
608 Errol Rd. West, Sarnia, ON
519-491-1904



CORPORATE MINDFULNESS WORKSHOPS

THE PHYSICAL BODY WILL NEVER FULLY HEAL IF THE SPIRIT IS BROKEN

