



PRESENTS:

Wednesday Night Workshop Series

Conscious Humour

October 22ND 7:00 – 9:00 pm

JOY of Life House 1765 -2 Ave NW

Facilitated By: Sheryl Hinds

Members: \$20.00 person/\$35.00 couple,
Non Members: \$25.00 person/\$40.00 couple

**Laughter is the music of our souls and heals us at all levels.
It is often referred to as “Internal Jogging”.**

**Laughter lifts our spirits, boosts our immune systems and even changes our emotional states.
We can transform a prickly situation or take the sting out of hurt just by injecting humour.**

This workshop is designed to take a look at what we, personally, find funny and then stretch our limits further. We will explore social and cultural taboos around humour and death, mental and emotional illness and many other life situations.

Come prepared for a fun and enlightening evening.

Red, squishy noses are optional.



Well schooled and employed for many years as a Family Counselor, Group Facilitator and Personal Development Coach, Sheryl believes that, “Metaphysics explains absolutely everything regarding our thoughts, belief systems and the impact of those beliefs in our everyday lives. We create our own reality whether we are conscious of it or not and whether we believe it or not. We are very powerful co-creators with the Universal Mind and it is our our conscious understanding of ourselves and our connection with our Creator that brings us Joy or pain.” Sheryl is the Director of Ceremonies for the JOY of Life Centre and facilitates Full Moon Fires, Solstices and Equinoxes, as well as other Earth related ceremonies.

For more information or to register, please call: 403-247-0602 or join us at our
Sunday Celebration 10:30 am Cedarbrae Community Association - 11024 Oakfield Dr SW

We require a minimum of 4 pre paid registrations to hold the Workshop