

2nd Annual **Held at Sweet Freedom Yoga Studio, Salmon Arm**

ADHD Women's Weekend

MENTAL HEALTH & MOVEMENT WORKSHOP SERIES

Enjoy a mindful weekend of somatic movement, sound bowls, and aromatherapy while learning to regulate emotions, manage negative thinking, and get into action even when feeling stuck and unmotivated



Scan here!

May 31
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June 1

Saturday, May 31st, 2025 9am - 5pm

Sunday, June 1st, 2025 9am - 3pm

Snacks & Refreshments provided daily.

\$350 Per Participant

Benefit coverage & Payment plan options may be available.

Email to Register: lisamarie@shuswapcounselling.ca

No
diagnosis
required

FACILITATED BY...

- Theresa Seefried - ADHD Coach, Clinical Counsellor, and Registered Social Worker
- Lisa Marie Young - Registered Clinical Counsellor and Registered Yoga Teacher
- Susie Sayers - Sound Bowl Musician, Certified Aromatherapist, and Wholistic Practitioner