



Autumn Equinox Celebration

Saturday, September 23, 2:00-5:00 pm

Qigong is cultivating our own vital life force while finding balance and harmony in the elements of nature all around us.

Integrative Imagery is a powerful mind-body practice utilizing the imagination to harness our inner wisdom and resources.

Please join us as we celebrate the **Autumn Equinox** ~ a time of harvest and gratitude, contemplation, reflection and letting go. Autumn provides the opportunity to release old habits and negative patterns, and to remember that by releasing and letting go we grow and evolve. Harvest your gifts and accomplishments, release what is no longer useful, and fully nourish yourself in the beautiful season of Fall.

Join us for an enjoyable afternoon of Qigong, meditation, guided imagery, nurturing our bodies and souls. Susan LaCroix will bless us with sacred chants to open and close our gathering.

Location: My house in Fairfax. Directions will be emailed.

Cost: By donation.

Register: Send an email to me confirming your attendance by September 17th.

For more info or questions, contact Susan at: susan.ezra@gmail.com



Susan Ezra, RN, NC-BC has dedicated her nursing career of more than 30 years to assisting people in accessing their own healing abilities. She is a leading practitioner and teacher of Integrative Imagery. She has studied Qigong for more than 20 years and loves to share these gifts. For more information, visit: www.susanezra.com