



FREE INTRODUCTION
Thursday, June 9 7 - 9 PM
(Full sessions begin June 18)

Home of Julie Emson
(Meeting place for Women's Networking Group)
3387 E. First Street, Blue Ridge, GA

Natural Rhythms is a safe and joyful journey of discovery,
through connection with the natural world.
This connection assists in setting a course for your life's highest good.

Meet Bonnie Salamon – Natural Rhythms Charter Facilitator & Creation Coach
Entrepreneur –Aging Well Expert - Columnist - Lecturer - Lifelong Learner
&
Susan Kersey – Charter Facilitator for Natural Rhythms
Holistic Wellness Consultant, Natural Rhythms Creation Coach

The Elements Will Meet You Where You Are
You Will Experience:

<u>Earth</u> –	Physical Realm	Handling change: body transitions, money, time
<u>Water</u> –	Emotional Realm	Moving through loss; setting your vibrational tone
<u>Air</u> –	Mental Realm	Using your imagination; setting intentions
<u>Fire</u> –	Action Realm	Continuing to take action while slowing down
<u>Spirit</u> –	Spiritual Realm	The changing relationship with Higher Power

For additional information - and reservation -
call Bonnie Salamon – 706 865 7057
or go to www.autumnsfire.org.

Sign up for your free Natural Rhythms Free Starter Kit and Tips
for Mid Life!

Just click on the icons on the Autumn's Fire home page