

Willow Children's Garden presents:

Establishing Rhythm in a Hectic World



Saturday, April 26, 2008
9:00 to 11:30 a.m.

Cost: \$25.00

Life in our modern world has become very fast. With all the hustle and bustle of work, school, scheduled recreation, the demands of home and health, and the pressure to maintain the status quo, many of us have lost our connection to the simple, basic rhythms of life.

Setting a schedule helps remind you of appointments and work obligations but it does little to nurture you or your family. Rhythm is more than a routine to follow - a good rhythm restores and nourishes us while providing predictability and security for our growing children.

Join Karen Weyler for a workshop where you will explore practical ways to establish a healthy home rhythm for your family. Please register 2 weeks in advance.

15040 Yonge Street, Aurora
(above Needles & Knits)
905-773-0044

