



Tools for Thought

September, 2010



TOOLBOX JOURNEYS "A SOURCE OF TOOLS FOR YOUR JOURNEY"
WWW.TOOLBOXJOURNEYS.COM

GATHERING THE SPIRIT

Toolbox Journeys present opportunities to nurture the spirit and rhythm of your life. We offer a special time apart from our everyday lives for renewal and balance of our body, mind and spirit. Our gatherings create a "melting pot" of energies to educate, motivate and inspire.

We hope that many of you—both new and seasoned gatherers—will be moved to join us. We look forward to your presence and a happy heart for the year to come.

Love & Warmth, Kathleen & Beverley

Integrative Medicine

Integrative medicine is defined as "treating the whole person, mind, body & spirit, at the same time".

It offers a broader approach to healing by combing conventional Western medicine with alternative treatments, such as herbal medicine, acupuncture, massage, homeopathy, etc. Integrative medicine takes into account not only physical symptoms (not just the disease), but also psychological, social and spiritual aspects of health and wellness.

Everyone needs a supply of energy that is renewable—vibrant—unstressful—and uplifting.

Coming Events

September 16

Acupuncture, Chinese Herbs, and Homeopathy

October 28

Shamanism Explored (Ancient Wisdom)

November 18

Nutrition and Food Based Healing



The Lion

Represents brotherhood, strength, courage, energy, self-fulfillment and willpower. With the lion as your teacher, you will learn when to roar, when to stay silent, and learn better control of your emotions

Do you have a gift to share?

Would you like to present a workshop or seminar?

Toolbox Journeys can assist you.