

Blissfully Aware

Many times in life we wonder if we are on the right path. This is workshop Series that will help you find your bliss. A Brass Enterprise personal wellness program that can be described as:

- ❑ Soothing
- ❑ Therapeutic
- ❑ Healing
- ❑ Invigorating
- ❑ Inspiring
- ❑ Awakening
- ❑ Blissful

The Blissfully Aware series of workshops help individuals discover their inner strengths while developing skills to enhance their wellbeing. These workshops have been offered at:

- ❑ Community Gatherings
- ❑ Wellness Conferences
- ❑ Staff Retreats
- ❑ Community Workshops
- ❑ Holistic Healing Days

About us

Brass Enterprise is owned and operated by Annie Brass of Kawacatoose First Nation in Saskatchewan, Canada.

We have been entertaining and delivering programs since 2005.

Every year we challenge ourselves to find new & helpful ways that will inspire people on their healing paths.

Our main objective is to promote wellness and share joy



Brass Enterprise

P.O. Box 394
Raymore, SK S0A 3J0
Phone: 1-306-551-2572

Email: brassannie@outlook.com
web: www.anniebrass.com

Brass Enterprise

Blissfully Aware

Personal Wellness Workshop Series



Because you are worth it...

Bent Tour Specialty Workshops™

Manifesting Our Dreams

1 Day Workshop

This workshop allows participants opportunities to define their dreams and helps them realize ways to create opportunities for their dreams to become reality. Through self-discovery we can identify barriers and create platforms to make our greatest dreams reality!



Understanding Our Dreams

1 Day Workshop

This workshop will help to identify and make sense out of the dreams we have. Through self-discovery and sharing we will journey into our subconscious and touch base with our inner self.

Stress Relief

1, 2 or 3 Day Workshops Available

We believe that stress is the biggest cause of ailment and unhappiness. This workshop will provide participants with opportunities to release the stress and tension they carry.

Workshop Topics Include:

- █ Laughter & Play
- █ Learning to Relax
- █ Dealing with Emotions
- █ Art Therapy
- █ Personal Freedom
- █ Journaling

“Take the time for personal wellness and become Blissfully Aware!”



Meditation

1 Day Workshop

One of the greatest achievements of personal wellbeing is to discover your inner sanctum. This workshop will explore techniques and options for meditation. We will assist you in developing a method that works for you.

Healing & Humour

1 Day Workshop

Laugh until your sides hurt! This workshop incorporates the healing properties of Laughter Yoga & good old fashioned fun. A day dedicated to expressing your laugh. Let loose and enjoy!

Reiki

Individual Treatments

Annie Brass is a certified Reiki Practitioner. Reiki treatments are soothing and create calming effects. Reiki is offered through individual appointments on Kawacatoose First Nation. We supplement workshops by booking individual treatments for participants on site.