

Tasting Edible Nature

A one-day retreat for

Connecting Your Senses of Taste and Smell to the Earth through Organic Food, Spice and Fragrance

Reduce nutrition anxiety and nourish your body, mind and spirit through savoring taste and smell. Sweeten the sourness of life's daily grind by engaging in guided relaxation and exploration. Relish nature's abundance in zesty aromas, pleasing scents, and inviting edibles.



Come to vibrancy in your senses with

Carolyn Rodenberg, MA, LMFT, CCH

Caring Presence Psychotherapy, PLLC

www.caringpresence.net , 206-367-3058

Carolyn specializes in body-oriented psychotherapy and retreats. She guides people in listening to their somatic and sensory language, activating awareness as a resource for change and growth. With 26 years of experience, including 20 in healthcare settings treating medical issues and trauma, Carolyn enjoys offering gatherings which deepen and enliven the connection between a person's nature and the environment.



Saturday, June 7, 2014

10 am to 4pm

at Little Dog Yoga Studio,

located in the Lake City neighborhood of Seattle
(Directions provided upon registration)

\$85 cost includes a delicious organic lunch

To register: call (206) 367-3058, or
email crodenberg@caringpresence.net