



The **Adventure Garden**
of The Bruce

2010
WORKSHOPS



Your hosts:
Dee & Tom Ashman
645 Northacres Rd. Wiarton Ontario

SPIRIT SAMPLERS

Labyrinth – walk a spiral pathway leading to a sacred centre, as done by thousands for centuries

Interpretive Nature Walk – we, will guide you in exploring these sacred woods, through the eyes of 36 years of living gently on this land

Guided Relaxation – a guided experience using the powerful tools of visualization and breathing to bring you inner peace

Cup of Destiny – enjoy a cup of tea, and following a family tradition, have Dee read your tea leaves

Spirit Walk – 7 benches for you to stop at and reflect upon the **Chakras** or “energy centres” of the body using Dee’s paintings as a guide

Spirit Samplers are “by Donation” and can be booked in advance or by chance

WE GROW CREATIVITY!!!

We pride ourselves on interacting on a one to one basis with you. Our back country intuition, tells us to limit groups to 6 people. to provide a wonder-filled adventure for us all!

WHAT TO EXPECT

- a friendly hands-on experience
- hand outs to take home
- Sunshine tea and snacks for “booked” workshops

WHAT TO BRING

- sensible walking shoes
- sunscreen and a sun hat
- rain gear if warranted
- insect repellent

Please contact us
3 days in advance
to personalize a workshop for you
519-534-2522
Email: ruralrootz@gmail.com

Perennial Plant Sales of plants over wintered in outdoors raised beds.

From the **Gift Shop**

Garden Spirit Catchers

Perpetual Calendars

Page Huggers

Art Cards

Gift Certificates

Gifts of Distinction

Garden Books & Gloves

Book your very own ...
Mad Hatter’s Tea Party
or **Faerie Tea Party**
\$10.-/person min. 10 people
(One week’s notice required)

Guest Artist
Fran VanMeer, finger woven shawls

www.wisdomwords.com
Dianne Adams, Reiki Master

Cedar Workshop

Daily 9 am-12 noon

\$45 inclusive **Tom**

Pick the trees you want harvested for your project. Then strip their bark, and build a simple arbour, obelisk, trellis or garden bench. Using power tools, you create your own garden treasure! Or use one of our designs to make something special for your garden.



Parsley, Sage, Rosemary & Lunch

Daily 10am-1pm



Dee \$45 inclusive

In the garden, we gather, taste and identify the fresh herbs. In the kitchen, these are added to our gourmet lunch dishes. After a leisurely lunch, take home lots of hand-outs on herbal know how, and recipes tested and approved by friends and even family of Rural Rootz.

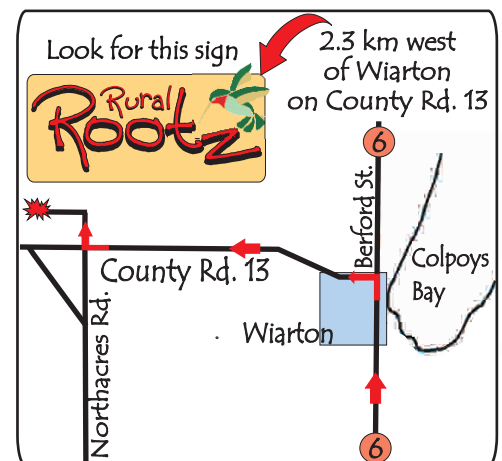
Open Mothers Day – Labour Day

Su	M	T	W	Th	F	Sa
10-5	10-5	Shut	by chance	10-5	10-5	10-5

Shut on Tuesday
Always open by appointment

519-534-2522

Entrance to Gardens \$3
Includes guided tour & labyrinth access



www.ruralrootz.com

ruralrootz@gmail.com

Designed & Printed at Rural Rootz