



# LET FREEDOM *for animals* RING!

## VEGAN 4th Of July PICNIC

Workshops & Animal Circle Meditations will be ongoing throughout the day with the express purpose of releasing joy, light and freedom into the world of animal suffering.

*Workshops & Meditation Circles hosted by:* Renee King-Sonnen, Kathy Landry & Janet Elder-Lauer

*Menu:* Vegan Hot Dogs (Tofurky sausages with Veganaise & Beanfields Chips), Appetizers: Crackers & Vegan Cheese by Miyoko's, Desert: So Delicious Ice Cream

*What to bring:* Lawn chairs, umbrellas, mosquito spray, rubber boots (Kindly leave pets at home as we have family chickens, cats and dogs)

### VEGAN WORKSHOPS & MUSIC

A gathering of like minded people who want to celebrate Independence Day by meditating on the animal spirits and their right to life.

10:30 am-2:00 pm – \$25 – Meal included

10:30 am-Dusk – \$75 – Meal + all day workshops

Workshops start at 2:00 pm (paid participants only)

(Visitors not staying for the workshop need to leave the premises at this time)

R.S.V.P. – LIMITED TO 40 PEOPLE – must preregister at [www.rowdygirlsanctuary.org](http://www.rowdygirlsanctuary.org)

5001 West Hwy 35, Angleton

Map apps can't find us! Go 288 South – Exit Hwy 35 and go west exactly 7 miles – UTURN at the fireworks stand.

