

Qi gong and Meditation

Discover wholeness and health within you

Balance body mind and spirit with these ancient practises and cultivate your awareness of healing energy

Learn and practise a restorative routine that cultivates energy and self awareness



Handout will be given for simple home practise
Join Ocean and Linda for a joyful afternoon.

Ocean Lum, MA, Yoga teacher, Registered Clinical Counsellor and Meditation instructor since 2002
and Linda Cundiff, Occupational Therapist, Yoga teacher, Medical Qi Gong therapist and Raynor massage practitioner

Moksana Yoga Studio A
500-3 Fan Tan Alley (off Pandora)
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ocean@oceanlum.com

\$20. Early bird \$15 before April 30
Proceeds to RAVEN; respecting
aboriginal values and environmental
needs

Sat May 6, 2017 2:30-4pm