

法輪大法 真善忍

Falun Dafa

Truthfulness-Compassion-Forbearance

For Mind, Body and Spiritual Enlightenment

Free Introductory Workshop

In the workshops, we will watch Teacher Li's seminar videos in Chinese with simultaneous English translation, as well as learn the five simple meditative exercises. Beginners will immediately improve both mentally and physically. Advanced practitioners will rapidly upgrade their cultivation levels.

This workshop consists of a systematic 10-evening series. While missing a few of the sessions is OK, it's strongly recommended that you attend all of the sessions.

April 3rd - 12th, 7:00pm-9:30pm daily
Rm 315, Fauteux Hall, Univ. Of Ottawa
For details please contact
workshop-ottawa@falundafa.ca
(613) 820-4002
<http://falundafa.ca>

- Relieves stress & anxiety
- Increases energy & vitality
- Greatly improves health
- Promotes spiritual growth & enlightenment
- Has benefited millions in over 80 countries

A Traditional
Practice to
Improve
Mind
&
Body



All Falun Dafa activities are voluntary and free of charge.

Suitable for everyone regardless of age

