



真

*Truthfulness*

善

*Compassion*

忍

*Tolerance*



# *Falun Dafa*

*free 9-day seminar*

- 🌿 **Date** : July 23 - July 31
  - 🌿 **Time** : 7:30-9:30 p.m.
  - 🌿 **Location** : Ottawa U, Simard building, room 227
- Contact:** Jean, 613-265-2686      [ottawa@falundafa.ca](mailto:ottawa@falundafa.ca)

*Falun Dafa, also called Falun Gong, is a system of self-improvement that consists of gentle exercises and meditation and a set of teachings centered on the principles of "Truthfulness, Compassion, and Forbearance." Introduced in China in 1992, the practice has since spread to more than 114 countries worldwide. Learning Falun Dafa will help you begin a journey toward improved health, spiritual growth, and ultimately, the return to your true self.*

