

法轮大法 Falun Dafa

真善忍 Truthfulness - Compassion - Forbearance

For Mind, Body and Spiritual Enlightenment

Free Introductory Workshop

In the workshops, we will watch Teacher Li's seminar video 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 go through all of the sessions.

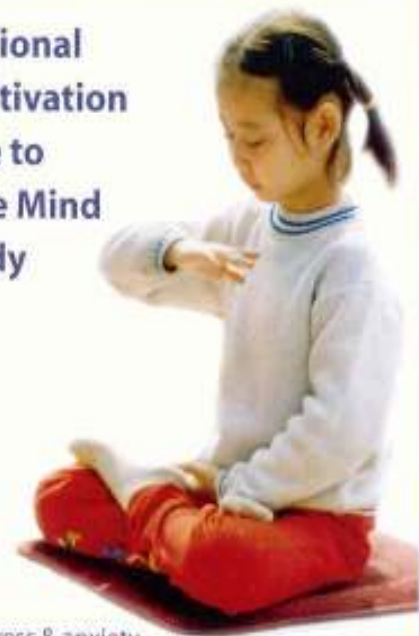
Short workshops, e.g. one day or one evening ones, are also provided upon request.

Contact Kay for schedule details of the upcoming workshop in Ottawa:
workshop-ottawa@falundafa.ca
(613) 820-4002
<http://falundafa.ca>

All Falun Dafa activities are voluntary and free of charge of any kind.
Suitable for any one regardless of age or social group.

Falun Dafa (FALUN GONG)

A Traditional
Self-Cultivation
Practice to
Improve Mind
and Body



- Relieves stress & anxiety
- Increases energy & vitality
- Greatly improves physical health
- Promotes spiritual growth & enlightenment
- Has benefited millions in over 50 countries

