

Falun Dafa

Falun Dafa is A Traditional Self-Cultivation Practice to Improve Mind & Body

Volunteer instructors teach the gentle chi-gong style exercises and meditation that relieve stress & increase energy

****Improve health & overall wellness***

****Good for all ages & backgrounds***

****No experience needed***

****Always free, Never any costs***

Date: Sundays 9:00-10:30am

Location:

**Parkwood Gardens Neighbourhood Group
21 Imperial Road South, Guelph**

For more info, please call or text Laura at (519) 831-5012, or visit <https://www.learnfalungong.com>

