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Serene Harvest
-Art of QiGong, Meditation
& Yoga

Advanced QiGong Instructor
Maria Silén



Radiant Lotus Women's QiGong

at Dallas Meditation Center

Friday Oct 5
1-4pm
and
Saturday Oct 6
9am-4pm

Dallas
Meditation
Center
727 S. Floyd Rd
Richardson TX
75080

Radiant Lotus Women's Qigong
is here to support women in their personal development and self-healing knowledge.

You will learn dynamic yet gentle Qigong techniques such as; acupressure, stimulate & activate meridians with shaking, cupping and self-massage, along with slow graceful movements and mindful breath work to enhance your life

Open to women with all levels of experience.

- Come as you are
- Bring your own lunch.
- At lunch we will enjoy our food together, in a meditative atmosphere.
- End of the 10-hours workshop you will receive guidelines over the program.

For registration, payment and further information:

Contact: Maria Silén

E-mail : sereneharvest.qigong.yoga@gmail.com

Call: 903-436-0569

Your investment:

Payment: **before September 30 \$ 100.**

Between October 1-5: \$125

I invite you to join me in a Radiant Lotus Women's Qigong program and rediscover yourself in a whole new

way.

Maria

