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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

Saturday
February 23
March 30
@
1-4:30pm

Dallas
Meditation
Center
727 S. Floyd Rd
Richardson TX
75080

Radiant Lotus Women's QiGong workshop

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.

Two independent workshops.

Attend one or the most beneficial, both. Come as you are!

End of the workshop you will receive guidelines over the practice.

Additional QiGong workshops will be offered in April and May.

For registration, payment and further information:

Contact: Maria Silén

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

Call: 903-436-0569

Your investment:

Pre-payment: up to **5-days early**: \$ 30/w-shop.
At the door: \$ 40/w-shop

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

new way.

Maria

