

## Serene Harvest

-Art of QiGong, Meditation  
& Yoga

Advanced QiGong Instructor  
Maria Silén



**Dallas  
Meditation  
Center**  
727 S. Floyd Rd  
Richardson TX

## **Last Radiant Lotus Women's QiGong workshop this spring at Dallas Meditation Center**

Come as you are!

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

### **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

**Saturday**

**March 30**

@

**1-4:30pm**

Open to women with all levels of experience.

Visit Serene Harvest  
at Facebook

### **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. Love and Joy - María*

