



World Healing Day Mini-Retreat

Saturday, April 28, 2018

9:30am – Noon

Dallas Meditation Center

Join us for a morning of self-care, bringing more health and healing into your body and mind and also into the world.



Your retreat will begin with **Qigong** and **Tai Chi**, mind-body practices that use deep breathing, slow movements, self-applied massage and mindfulness to calm the emotions and quiet the mind. These practices incorporate gentle movements and stretches to promote the body's natural healing ability. www.TaiChiwithJanna.com



Next, you will be introduced to the practice of **Mindfulness Meditation**, which research has shown may help settle the nervous system, release stress, improve focus and attention, boost the immune system, reduce inflammation and provide a simple and powerful pathway to health, acceptance and self-discovery. You will be guided every step of the way! www.TheNobleDragonfly.com

Allow some balance and healing into your life this weekend!

No previous experience necessary. Essential oils, tea, water, light healthy snacks, yoga mats, cushions, chairs and blankets will be available during the retreat.

Facilitated by: Janna Whitton, Certified Qigong and Tai Chi Instructor & Janet Sandman, Certified Meditation and Mindfulness Instructor and Trained Teacher of Mindful Self-Compassion

Cost: \$40

To Register: Call Janna, 972-489-9584 or Janet, 214-427-1842

Retreat Location: Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080
www.DallasMeditationCenter.com