

White Lotus Divine Healing

2607 SAINT JOHN'S ST. PORT MOODY

604 937 5540 www.whitelotusdivinehealing.ca

GUIDED MEDITATIONS

Yourself, as much as anybody in the entire universe, deserve your love and affection. Buddha

Doors at 7 pm

Wednesday, October 11, 2017
Wednesday, November 8, 2017
Wednesday, December 6, 2017



Join Diane MacDonald from Raincoast Elemental Wellness and Consulting Inc. for a mini vacation; a respite from the stress and challenges of everyday life through a guided meditation.

This group guided meditation is geared to those who love guided meditation; those who have always wanted to try a meditation and for those who have tried meditation on their own and may have some questions.

Guided meditation, like any wellness session, helps to transition the body from a state of stress to one of relaxation encouraging and promoting self-healing and by so doing supporting the ability of the individual to live life to their potential.

Meditation has been medically and scientifically linked to easing anxiety, depression, tension and chronic pain; giving rise to better relationships, increased productivity and enhancing short-term memory, focus and concentration.

Participants must be 19+ and are required to provide their own drinking water in a non-breakable container. Participants are welcome to bring their own meditation cushion or yoga mat. For those who would prefer a chair, the store has chairs to provide.

doors 7:00; introductions 7:15; guided meditation 7:30 - 8:30 pm; sharing 8:30 pm - 9:00 pm

White Lotus Divine Healing
2607 Saint John's St., Port Moody B.C.
Cost of each event - \$19.00/person + GST
Registration is required - Please register with the store by phone 604-937-5540

