

White Lotus Divine Healing

2607 SAINT JOHN'S ST. PORT MOODY
604 937 5540 www.whitelotusdivinehealing.ca

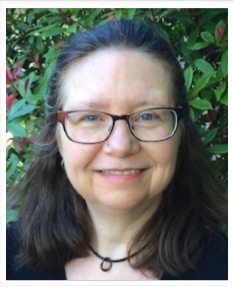
Wednesday Evening GUIDED MEDITATIONS in 2018

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

Jan 17 (*heart or 4th Chakra*)
Feb 7 (*1st, 2nd, 3rd Chakras*)
Mar 7 (*5th, 6th, 7th Chakras*)

April 18 (*7 Chakra colour*)
May 16 (*7 Chakra crystal*)

Oct 3 (*7 Chakra colour/nature*)
Nov 7 (*7 Chakra lotus flower*)
Dec 5 (*Self-Healing*)



Join Diane MacDonald from Raincoast Elemental Wellness and Consulting Inc. for a guided meditation/visualization, a mini vacation; a respite from the stresses of everyday life.

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

A guided meditation/visualization, 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 his/her own 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.

Each guided visualization is theme based and participants have the opportunity to add a personally chosen affirmation to add depth of purpose and healing to the session.

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 - 8:45 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

