

Learn to heal
yourself and feel
balance through a
simple moving
meditation!

Friday MAY 5 2017, 6-9
Sat. MAY 6, 9:30-2:00
Elements in Motion
Yoga Studio
#2- 5408 53rd Ave
Edmonton

SPRING FOREST

QIGONG

LEVEL 1
WORKSHOP

After this workshop you will know how to practice a moving meditation, have more energy, have tools for self-healing, and have more balance in your life. Includes Level 1 Handouts and certificate. No experience necessary!

\$195 +GST Early Bird (April 15),
\$225 +GST Regular



Instructor Sue Crites MSc, NCP
Certified Spring Forest Qigong
Instructor and Master Healer
from Athabasca, Alberta
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