

Breathing, Moving, Learning

A day-long breath, meditation and movement experience, designed to get you into your body in a **big** way. You'll have a chance to ask for what you want in terms of deepening your personal practice.

**Saturday, — 9 to 5 — cost: \$70.00 — includes lunch
location: Wayne & Dar's - 94 Arthur St. South, Elmira, Ont.**

The Phoenix Centre welcomes you to a day-long experience. Come and practice (or learn!) how to breathe for maximum gain. You'll experience a freer flow of emotions, energy and focus. You'll have the opportunity to combine breath with meditation techniques designed to draw you deeply into yourself, while at the same time finding more joy and passion.

Using movement and music, Qi Gong and yoga, we'll stretch the body and re-direct chi.

AND, you'll have ample opportunities to ask for specific techniques geared for your present experience and future needs.

All in all, a powerful, "moving" experience - and it's just a breath away!

To register for this or any of our workshops, call 1-519-669-8880 or 1-800-220-7749 or e-mail Wayne at wcallen@rogers.com