

Meditation



You have all heard or experienced that meditation can give us a quieter, calmer demeanor, a clearer and more methodic mind, and a more energized body. However, many people find it a challenge to keep the mind quiet and clear during meditation. We invite you to join a form of meditation that keeps your mind free from distractions and allows you to remain focused through deep breathing and Buddhist chanting. This form of meditation has been practiced for thousands of years in the East. Not only does it help you clear your mind, but also the deep breathing helps you control and regulate your Qi (energy). Keeping a clear and open mind and utilizing deep and long breathing are the major aspects of meditation that rejuvenate our body, mind and spirit.

Starts Jan 11 2007 to March 15 2007

Classes run Every Thursday from 12:30 to 1:30

Cost: \$120.00 per person

Instructor: Fu yi

Fu yi brings a rich and varied background to his meditation. He has practiced meditation for nearly 10 years following his master who is the Disciple of famous Ji cheng and Qing Ding monk, Ge Jia Living Buddha, who understand the core of meditation. Fu Yi's veteran practice, calm conduct, and academic experience can guide you to feel the true spiritual mind and pure physical body.



*For more information
call us at 520-5258*

138 17th Ave NE Calgary AB