Join Renate Geier, in this evening session, and you will be introduced to the profound healing practices of Chi Kung. Learn more about this ancient system of postures, breathing and meditation techniques and how it can support more harmony and balance for the physical and energetic systems of the body, to bring about more health, happiness and joy.

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The Healing Energy of Chi Kung

Kelty Dennehy Mental Health Resource Centre
Summer Series Evening Event

Thursday

June 16th, 2016.

6 pm - 7:30 pm

Blenz HOpe Café Atrium
HOpe Centre
1337 St. Andrews Avenue,
North Vancouver. V7L 0B8
Coast Salish Territories

Everyone is welcome!

Seating Limited

RSVP required

Please RSVP at hopementalhealth@cmha.bc.ca

Kelty Dennehy Mental Health Resource Centre
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Tel: 604-984-5000 Extn 5190

Kelty Dennehy
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North and West Vancouver
Mental health for all