

Saskatoon Traditional Kung Fu presents:



Quiet Sitting

229-6274

saskatoonbagua@sasktel.net
www.NineDragonBaguazhang.ca

Meditation for Health
With Dr. John Painter

6:30 pm-9:30 pm February 5th

- **Do You Sleep Well?**
- **Are You Clear Minded and Free from Worry?**
- **Can't Stop Your Mind from Racing?**
- **High Blood Pressure?**
- **Is Anxiety an Issue?**
- **Trouble Relaxing?**
- **Can't Concentrate?**

This is the class you've been waiting for!

Limited space! Reserve your spot now! Call: 229-6274



Dr. Painter