

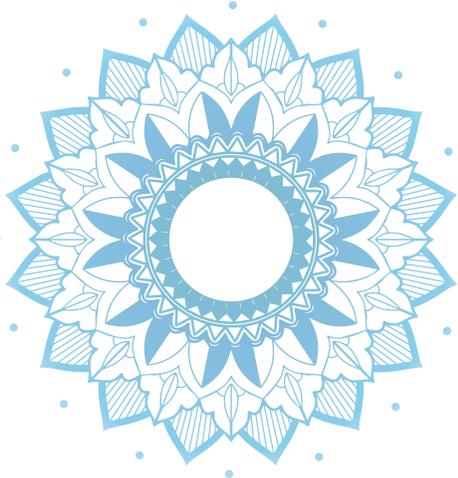
MEDITATION WORKSHOPS



To help you get calm and centered in this difficult time.

By Karine Emond

Karine is a commercial lawyer who has discovered meditation more than 11 years ago. She has integrated meditation in her lifestyle. She has been teaching since 2011, following her passion! She teaches various meditation and pranic energy healing workshops from the The Inner Sciences Foundation. The Quebec Bar has accredited one of her meditation workshop in 2017 to empower lawyers and help them control their stress levels and improve their mental focus.



May 23 - 9:30am to 10:00am - By Phone Teleconference

Give Back!

Let's experience together a short guided meditation which everyone can practice, as well as an ancient and powerful mantra on love and compassion called Om Mani Padme Hum. We will integrate many techniques in this session, including the beautiful Ho'oponopono!

May 30 - 9:30am to 10am - By Phone Teleconference

As We Give So Shall We Receive!

We will practice another guided meditation to cleanse and energize our system. A discussion on the power of the cycle of giving and receiving will be eye-opening for many of us. We will give and receive a lot of divine blessings during this session. A rooting technique to Mother Earth will be practiced to keep attendees strong and safe. More is awaiting you!

No experience required.

Workshops open to everyone, complimentary of Contactivity Centre.

Register for either or both by phone or visit our website

(514) 932-2326

contactivitycentre.org/meditation-workshops

Deadline to register is May 22, 2020 by noon

How To Dial In

Workshop is to be held on Zoom Video Conference. The option to dial-in by phone is also available.

You will receive an email with the details after registering.