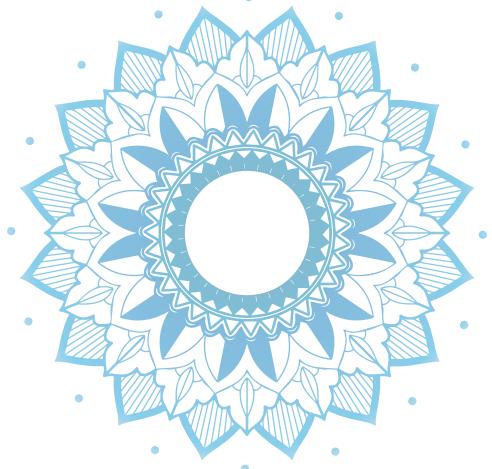


MEDITATION WORKSHOPS



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 2nd - 9:30am to 10:00am - By Phone Teleconference

Helpful and Calming Breathing Techniques Using the Concept of Prana

Energy is everything and is everywhere. Please join us to get a deeper understanding of what this statement really means for you and how to increase your energy level in your daily life. We will follow the more technical part with live exercises so attendees experience powerful yet safe and simple breathing techniques to help them increase their energy levels at will.

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

The Power of Positive Affirmations and Visualization Using Colored Pranas

Prana has various properties such as colors, shapes, vibrations and more. Please join us for this guided fun and colorful meditation which will leave you light and energetically bright! We will close the session by using powerful affirmations and attendees will be able to test and assess for themselves the efficacy of such techniques. This is not to be missed!

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 1, 2020
by noon

How To Dial In

Step 1: Dial conference phone number:
(514) 736-8049

Step 2: Enter conference ID when prompted:
335 4784 #

In Call Features:

- * 6 Mute your line
- * 7 Unmute your line