

Mind – Body - Soul



This course will introduce participants to various mind-body-soul related topics and their direct correlation to life experience and health.

Topics will include meditation, understanding the chakras (body energy centers), developing intuition, and how this all plays a part in your everyday life and in your health.

Thursday May 7 - May 28, 2009

Time: 7:00 - 9:00 pm

Location: Aurora Seniors Centre

Fee: \$99.75 (4 weeks)

Code: 20377