



# Body & Brain Healing Centre



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**March, 2020**

bodyandbrainhealing.com

bnbh.west@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						9 am SQG 10:30 am TC
8	9	10	11	12	13	14
<b>No Classes</b>	10 am DY 6 pm DY	10 am TC	10 am BY 6 pm BY	10 am QG	10 am DHM 6 pm DHM	9 am SQG 10:30 am TC

## Classes suspended for two weeks

Due to the situation with the coronavirus (COVID-19)

**Monday March 16th, 2020 ~ Sunday March 29th, 2020**

We plan to re-open the centre on Monday March 30, but will reassess the situation based on local public health advice

29	30	31				
<b>No Classes</b>	10 am DY 6 pm DY	10 am TC				
<b>Notes</b> DY: Detox Yoga / TC: Tai Chi / BY: Bo Staff Yoga / QG: Qi Gong / SQG: Sword Qi Gong DHM: Do Ri (Tao Rhythm) Healing Meditation (tentative schedule for classes & instructors; subject to change)						

### Introductory Mini Workshops

- QJH** (Qi Healing for Joints & Bones Health) \$60 + 13% HST  
=> TBD
- FOH** (Five Organs Harmonizing Healing) \$60 + 13% HST  
=> TBD
- KCM** (Ki-energy Circulation Meditation) \$60 + 13% HST  
=> TBD
- QPT** (Qi-Position Therapy) \$100 + 13% HST  
=> TBD

### Twelve Meridian Healing Training (12 MT)

**Twelve Meridian Exercises and Symptomatic Healing  
Hands Methods for healing your family and friends.**

When: TBD  
Fee: \$450+13%

### Awakening Courses

#### AM (Awakening Mastership)

Awakening our body sensitivity for Mastership

When: TBD

Location: West Centre

Fee: \$180 + 13% HST

#### ATN (Awakening True Nature)

Break down your preconceptions  
to find your True Nature

When: TBD

Location: East Centre

Fee: \$280 + 13% HST

#### ATL (Awakening True Life)

Questioning & Answering deep within to find the true life

When(3 days): TBD

Location: West Centre

(or Retreat Centre)

Fee: \$540 + 13% HST



**TTT (The Tao Tree) : Chun-Bu-Kyung Healing Meditation**

\*When: TBD @ West Centre

\*Join us : [www.meetup.com/The-Tao-Tree/](http://www.meetup.com/The-Tao-Tree/)