

A woman with long brown hair is sitting in a meditative lotus position on a green lawn. She is wearing a maroon V-neck cardigan over a white top and light grey pants. Her hands are resting on her knees with palms facing each other. She has a serene expression with her eyes closed. The background is a lush garden with green hedges and trees, softly blurred.

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MEDITATION  
CLASSES

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# WHAT IS FALUN DAFA?

*Learn for Free Online!*

Register for our online Sharing & Workshop and discover  
how this spiritual practice can benefit you!

**FalunDafa.org**



## FREE FALUN DAFA WORKSHOPS

Falun Dafa (or Falun Gong) is a spiritual practice guided by the principles of Truthfulness, Compassion and Forbearance that brings about serenity and a deeper level of awareness, while also greatly enhancing your physical wellbeing.

Falun Dafa is taught by volunteers and is always free.

Visit **FalunDafa.org** for more information about the practice.

### FALUN DAFA INTRODUCTORY SHARING

Learn the basic principles, benefits and history of Falun Dafa, how to learn, and a quick demonstration of the exercises.

**Duration:** 30 min

### FALUN DAFA EXERCISE DEMONSTRATION

Learn the gentle and simple Falun Dafa meditation and exercises for free in this online workshop.

**Duration:** 1 hour

## TO REGISTER

Scan QR code or visit: **<http://tiny.cc/free-class>**

