



Energy Healing Workshop

Come and enjoy two hours of Energy Healing, Chi Gung meditation and Self-empowerment.

With Sifu Alan Lamb

“Chi” means Life Force or Universal Energy. “Gung” means work. Therefore, Chi Gung is a means of working with the Life Force to heal and strengthen the body and release blockages in the flow of Universal Energy, the *Life Force*.

The seminar will be held on Saturday, May 19th at 1 p.m. The cost is \$25. Please wear comfortable clothing and come with an *Open Heart and Mind*.

Location: La Crescenta Church of Religious Science
4845 Dunsmore Avenue
La Crescenta, CA
(818) 249-1045

For information on the seminar, call Sifu Alan Lamb
(818) 841-4430.