



PRIMORDIAL SOUND MEDITATION

With Dr. Bruce Hoffman

Date to Be Announced

(1.5 day workshop)

Friday 5:45 - 9 pm.

Saturday 9 am - 5 pm

Through inner exploration, meditation awakens creativity, healing, and transformation.

Join Dr. Bruce Hoffman for this unique workshop which will help reduce stress and fatigue, and enable you to connect with your higher self--a place where energy, creativity and inner awareness are a natural state of being.

Practical and theoretical, Primordial Sound Meditation is an ideal way to enrich all aspects of the life-body, mind and spirit.

The Hoffman Centre for
Integrative Medicine
1133 17th Ave. NW, Calgary
Admission \$400

Call 206-2333 Ext. 215 to
reserve your seat today