

Free Falun Gong Exercise Demonstration and Instruction



1 Buddha Showing a Thousand Hands

Opens body's energy channels and creates a powerful energy field by stretching



2 Falun Standing Stance

Comprised of four still positions held for several minutes each to boost energy levels and awaken wisdom



5 Strengthening Divine Powers

A meditation that incorporates special mudra and hand positions to refine body and mind, and strengthen higher abilities and energy



3 Penetrating the Two Extremes

Purifies the body using energy from the Cosmos with gentle hand-gliding movements



4 Falun Heavenly Circuit

Rectifies abnormal conditions and circulates energy by tracing the hands over the body, front and back

Come and join us at the SUB
on Jan. 27 & 28, 2015 (Tues & Wed)
anytime between 11:00 a.m. and 5:00 p.m.!

Falun Dafa Fellowship @ UBC