

LIGHTQUEST RETREAT CENTER

**Lighting the Way
to Peace & Healing**



Registered & Drop-In Classes,
Events, Workshops & Retreats
supporting Health & Wellness
~ Body, Mind and Spirit.

**SEE CLASS TIMES,
EVENTS, WORKSHOPS**
@ <http://www.lightquest.ca>

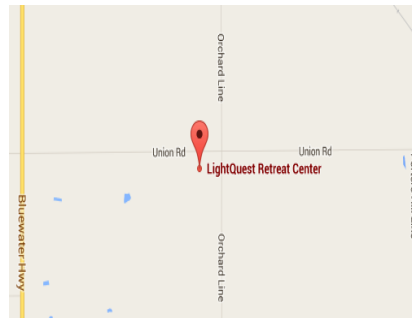
**DRUMMING CIRCLES
DHARMA TALKS
TAI CHI**

Individual Sessions
Workplace Sessions
Private Group Sessions
AVAILABLE UPON REQUEST

LIGHTQUEST RETREAT CENTER

Phone or text (519) 524-5543
info@lightquest.ca
www.lightquest.ca
fb @lightquestcenter
fb @lightquestmeditation

For Information
on Classes, Events,
Workshops & Dharma Talks
visit <http://www.lightquest.ca>



35443 Union Rd.
(Orchard Line & Union Rd.)
Goderich ON N7A 3X8

5 minutes south of Goderich
off Bluewater Hwy 21
corner of Orchard Line

Hours:
Please call in advance.

LIGHTQUEST RETREAT CENTER



Lighting the Way to Peace & Healing

**NOVICE MEDITATION
CONTINUING MEDITATION
RESTORATIVE YOGA
KUNDALINI YOGA
DRUMMING CIRCLES
DHARMA TALKS
WORKSHOPS, EVENTS, RETREATS**

Class Times
& Event Listings
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MEDITATION

From ancient time meditation has been a mind-body technique to encourage a state of mental & physical tranquility and a connection to inner wisdom. Classes offer various forms of meditation, mudras & chants, discussion of barriers to peace, and transformation through self-compassion & mindfulness. We practice the art of inner stillness, learning to release anxiety, fear and patterned conditioning. As we sit, an awareness unfolds as behaviour patterns are identified. With a deep acceptance & respect of individual beliefs, we honour many paths to peace.

Meditation Instructor
Diana Beach

MONDAYS

Novice 6:30 – 8:00 PM

TUESDAYS

Continuing 9:30 – 11:00 AM

THURSDAYS

Novice 6:30 – 8:00 PM

RESTORATIVE YOGA



Perfect for beginners to yoga, those with physical challenges, and all of us who just want the bliss of relaxation! This Gentle & Restorative Yoga offers slower paced postures to stretch, tone and recognize the needs of each unique individual body, while providing provide comfort and support for passive release of muscles and relaxation.

Restorative Yoga Instructor
Cindy DeJong

MONDAYS

4:00-5:30 PM

WEDNESDAYS

9:30-11:00 AM

7:00 - 8:30 PM

MEDITATION & YOGA PRICING

Drop-In \$15* call ahead

4 Week* Registered \$50

8 Week* Registered \$80

CALL AHEAD TO RESERVE SPACE

*Consecutive Weeks, otherwise Drop-in Rates Apply

KUNDALINI YOGA

Yoga means to unite body, mind and spirit, so regardless of one's religious or cultural background the practice can have a positive impact on their well-being. As life pushes and pulls us in different directions we can feel off track or without direction. This yoga is designed to help you back to that quiet place deep inside. Using tools from the sacred science to unite body, mind and spirit, we use: specific breathing patterns; special postures & movements, including exact positioning of the hands and fingers; locks to direct energy; particular mantras, chants consisting of distinct vibratory sounds; unique mental focus.



Kundalini Yoga Instructor
Rhonda Bundy

TUESDAYS

7-8:30 PM