



Lighting the Way  
to Peace & Healing

## LIGHTQUEST RETREAT CENTER

35443 Union Rd. Goderich, ON N7A 3X8  
519 524-5543 info@lightquest.ca  
Corner of Orchard Line & Union Rd.

### **COST FOR CLASSES**

Call Ahead Drop-In \$15

4 Weeks \$50\*

8 Weeks \$80\*

\*Consecutive Weeks



### **NOVICE MEDITATION CLASSES CLASSES RESUME SEPTEMBER 2017**

Integrating Meditation, Mantra & Wisdom Weaving, experience the many benefits of meditation ~ physical, mental, emotional & spiritual. Learn & practice tools to release stress, anxiety & negativity. Shift your life!

### **CONTINUING MEDITATION CLASSES CLASSES RESUME SEPTEMBER 2017**

Integrating Meditation, Mantra & Wisdom Weaving, experience the many benefits of meditation ~ physical, mental, emotional & spiritual. Learn & practice tools to release stress, anxiety & negativity. Shift your life!

### **KUNDALINI YOGA TUES 7:00 - 8:30 PM UNTIL THE END OF JULY**

#### **CLASSES RESUME SEPTEMBER 2017**

Kundalini Yoga as taught by Yogi Bhajan® is considered one of the most comprehensive of yoga traditions, combining meditation, mantra, and physical exercises and breathing techniques. No experience necessary!

### **RESTORATIVE & GENTLE YOGA MON 4:00- 5:30 PM WED 9:30-11:00 AM & 7:00 – 8:30 PM**

#### **SUMMER SATURDAYS - JULY 29, AUGUST 12, 19, 26 8:30 AM - 10:00 AM**

Perfect for beginners to yoga, those with physical challenges, and all of us who just want the bliss of relaxation! Slow paced postures to stretch plus comfort and support for passive release of muscles.