



LightQuest Retreat Center

Lighting the Way to Peace and Healing

www.lightquest.ca 519 524-5543

CALL OR TEXT 519 524-5543

EMAIL: INFO@LIGHTQUEST.CA

[CHECK OUT OUR NEW WEBSITE!](#)

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CLASSES AT LIGHTQUEST **SPRING 2017**

CLASSES LIMITED IN SIZE – REGISTER EARLY OR CALL AHEAD FOR DROP-IN!

MONDAYS

GENTLE & RESTORATIVE YOGA 4:00 - 5:30 PM

THESE CLASSES ARE PERFECT FOR BEGINNERS TO YOGA, THOSE WITH PHYSICAL CHALLENGES, AND ALL OF US WHO JUST WANT THE BLISS OF RELAXATION! RESTORATIVE YOGA IS A FORM OF YOGA THAT SEEKS TO ACHIEVE PHYSICAL, MENTAL AND EMOTIONAL RELAXATION WITH THE AID OF PROPS. THE USE OF PROPS MAKES IT EASIER FOR YOU TO MAINTAIN BALANCE WHILE YOU ARE STIMULATING AND RELAXING YOUR BODY. CINDY OFFERS A GENTLE APPROACH TO STRETCHING, TONING & RELAXING MUSCLES. [MORE INFORMATION](#) CINDY deJONG, INSTRUCTOR

NOVICE MEDITATION 6:30 - 8:00 PM

INSTRUCTION AND PRACTICE OF VARIOUS MEDITATION TECHNIQUES, MUDRAS, UNGUIDED MEDITATION PRACTICE, MANTRAS, SPECIALIZED BREATH WORK, ENERGY WORK, WORKING WITH FORGIVENESS AND HEALING, CHAKRA CLEARING, INSIGHT MEDITATION & DISCUSSION. [MORE INFORMATION](#) DIANA BEACH, INSTRUCTOR

TUESDAYS

CONTINUING MEDITATION 9:30 - 11:00 PM

INSTRUCTION AND PRACTICE OF VARIOUS MEDITATION TECHNIQUES, MUDRAS, UNGUIDED MEDITATION PRACTICE, MANTRAS, SPECIALIZED BREATH WORK, ENERGY WORK, WORKING WITH FORGIVENESS AND HEALING, CHAKRA CLEARING, INSIGHT MEDITATION & DISCUSSION. [MORE INFORMATION](#) DIANA BEACH, INSTRUCTOR

KUNDALINI YOGA 7:00-8:30 PM

KUNDALINI YOGA PROVIDES THE ENVIRONMENT FOR RELAXING THE BODY AND CLEARING THE MIND. RHONDA BUNDY WILL ASSIST YOU TO EXPERIENCE THIS SCIENCE OF BREATH, MOVEMENT, MANTRAS, LOCKS, VISUALIZATION, AND HAND MUDRAS. THE TECHNIQUES OF 'YOGA OF AWARENESS' WILL LEAVE YOU FEELING REFRESHED, STRENGTHENED AND REJUVENATED. [MORE INFORMATION](#) RHONDA BUNDY, INSTRUCTOR

WEDNESDAYS

GENTLE & RESTORATIVE YOGA 9:30 - 11:00 AM & 7:00- 8:30 PM

THESE CLASSES ARE PERFECT FOR BEGINNERS TO YOGA, THOSE WITH PHYSICAL CHALLENGES, AND ALL OF US WHO JUST WANT THE BLISS OF RELAXATION! RESTORATIVE YOGA IS A FORM OF YOGA THAT SEEKS TO ACHIEVE PHYSICAL, MENTAL AND EMOTIONAL RELAXATION WITH THE AID OF PROPS. THE USE OF PROPS MAKES IT EASIER FOR YOU TO MAINTAIN BALANCE WHILE YOU ARE STIMULATING AND RELAXING YOUR BODY. CINDY OFFERS A GENTLE APPROACH TO STRETCHING, TONING & RELAXING MUSCLES. [MORE INFORMATION](#) CINDY deJONG, INSTRUCTOR

THURSDAYS

MEDITATION MOMENTS - NOVICE 6:30 – 8:00 PM

BASIC BREATHING TECHNIQUE PRACTICES, ANXIETY, STRESS & FEAR REDUCTION TECHNIQUES, DEEP RELAXATION PRACTICES, INCREASED SLEEP QUALITY, CONTROL OF THOUGHT LOOPING, REDUCING NEGATIVE THINKING, MINDFULNESS, BEGINNING A HOME PRACTICE & DISCUSSION. [MORE INFORMATION](#) DIANA BEACH, INSTRUCTOR