

# Discover Inner Peace & Wellness with Falun Dafa



法輪大法

## Free Meditation & Exercise Classes



Falun Dafa is an ancient cultivation practice for both mind and body.

It is practiced in over 100 countries by people of all ages and backgrounds.

### Benefits Include

- Reduced stress & anxiety
- Improved health & energy
- Clarity of mind & emotional balance
- Holistic self-improvement



**Free to Learn**  
**No Experience Required**  
**Everyone Welcome!**



0468 427 212 (Thao/Mai-Anh)