Dimutara

The Art of Healing

Healing Arts Therapy

Meditation

through

Sound

Breath

Prayer

Stillness

Movement

Mondays

7.30 – 8.30 pm

Drop in

by donation

Bring pillow

& blanket

and wear

comfortable

clothing

All spiritual traditions are welcome!

The biggest gift you can give yourself is time - time for your Self.
Time to listen (to your inner voice), time to feel and sense,
time to be within yourself.
Nobody else can listen to you so deeply,
nobody else can feel, how you feel,
nobody else can sense who you truly are.

Elisabeth Guentert Bay has 25 years of meditation practice in Tibetan Buddhism and Sufi tradition and honors all spiritual traditions. She encourages people to create their own unique, individual practice.

At Dimutara, 9509 Sand Creek Rd., Grand Forks

(6km on Granby Rd., turn right)

check out: www.dimutara.com contact us: 250.442 0551 e.healingarts@gmail.com