

On April 22, the Body and Brain Healing Centre, 1673 Carling Avenue in Ottawa, is having a special 'Earth Day' celebration.

“Body and Brain Healing” was created to bring the principles of Tao to the broader Ottawa community. Participants experience the principles with body, mind and spirit through energy training. Actualizing those principles comes with engaging in everyday activities, such as those which improve our environment; volunteering with organizations that support seniors, students and marginalized individuals; cultural and spiritual events to transform humanity; and, cooperate with non-profit organizations involved in improving our society. Actualizing the Tao principles brings healing to Families, Society, and Earth.

Leading up to the celebration on April 22, members are challenged to mindfully and actively take care of themselves, starting with a goal of doing an increasing number of pushups from April 1 to 21. Participants are also encouraged to ‘miss a meal, give a meal’ during that period. After not being able to do men’s pushups all my life, just one week ago, I discovered I COULD do them. My personal goal is to comfortably do 40 (male) pushups all at once.

At 10 am on Earth Day, the Body and Brain Healing Centre will offer a free class which will be open to anyone, followed by an international pot luck lunch.

Body and Brain Healing is a healthy, happy and peaceful training. It harmonizes differences by transforming human consciousness. The intent behind the 21-day challenge is to care for and look after everything on our planet, starting with ourselves.

"Earth Day Special"

*** 21 days Special Challenges: April 1 to 21**

1. Attend classes daily for 21 days
2. Support the Earth with Push-ups
3. Contribute to Saving the Earth with a Donation equivalent to three meals (for an Organization supporting the environment)



*** Open Class for Healing Community & Potluck Party:**
April 22 (Sat), 10 am to 1pm at West Centre

New members: Membership 20% off
Draw: Free Aura reading, Health Evaluation, 1 mini workshop, one month membership, & etc.....

bodyandbrainhealing.com
facebook.com/bodyandbrainhealing/

East Centre: 613-746-9642
West Centre: 613-727-9642

