



The Form

Reality Practice

Mind-Body-Heart™ Brisbane Day Workshops 2020

Dr Pee Tek Chan

- Sunday 22 March: 9.30am - 5pm

- Sunday 23 August: 9.30am - 5pm

The Form Reality Practice is a unique, powerful movement meditation that can activate and embody the Highest you. Learn to move from the depths of your Sacred Heart, awakening you to beyond the confines of who you believe yourself to be. This can free you of your past and realign you with the majesty of your true creativity.

As a daily practice The Form has the potential to:

- restore balance and self healing functions of the body
- open mind-body-heart, dissolving fear, stress and trauma
- release tension, transform deep-seated emotions
- realign you with inspiration and real passion for life

In the Workshop you will learn Part 1 of The Form (which has 5 Parts). It is a beautiful introduction to reconnect with your inner powerful healer. The Form originated through Bernie Prior (www.realitypractice.org)

Venue: The BrisWest Centre, 132 Latrobe Tce, Paddington

Lunch: Please bring lunch. Tea/ biscuits provided.

Enquiries: 0438 705 527, peetekchan@peetekchan.com

Bookings: 07 3371 8511

Cost: \$125



DR CHAN is a medical doctor, counsellor, healer, meditation teacher, Chinese herbalist, acupuncturist and author of 'Sacred Surfer, Eternal Wave'. He has been interviewed on ABC Radio. www.peetekchan.com