

The Pulse of Life

QIGONG & MEDITATION RETREAT WITH JIM GALLAS

The workshop includes:

Daily Qigong: Practice of short form of 20 minutes
& a long form of 45 minutes

Self Massage: A full-body routine

Breath Practices: Invigorate the body & calm the mind

Meditations: Open energy pathways & relax
into spaciousness

Meridian Theory: Introduction to the balance of
Yin and Yang & the Three Treasures

Day of Silence: Tranquility in a beautiful setting

Jungle Walks: Easy walks to remote beaches



\$395 for all instruction
TO REGISTER

Rooms available at www.corazon-sayulita.com,
www.hoteltolossuenos.com, or Airbnb (north side
of Sayulita).

Jim Gallas, has been teaching Qigong, Yoga and
Shiatsu for over 30 years. He has wintered in
Sayulita for 20 plus years, and loves to share the
beauty of the Mexican Riviera.

For more info contact jim@relaxedfocus.net

To register send a \$100 non refundable deposit
to PayPal at the above email address,
please note "Pulse of Life" with payment.



MARCH
10-16
2025

