



SPECIAL NIGHT

ENERGY EXCHANGE WORKSHOP & CRAFT SALE



FRIDAY, NOVEMBER 24TH

7:00-9:30PM

ADMISSION \$5



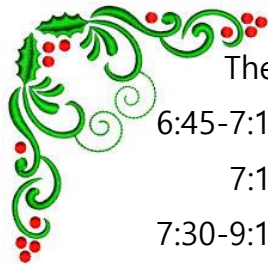
- ♥ Teach & Learn
- ♥ Mentor & Be Mentored
- ♥ Practice Modalities
- ♥ Give a Reading
- ♥ Get a Reading
- ♥ Share with Others
- ♥ Develop Confidence



Workshop Facilitated by Pauline Shen

Details & Registration:

<https://zenshen279.wordpress.com/class-workshop-schedule/>



The Evening's Agenda:

6:45-7:15pm Registration & Set-up

7:15pm Introductions, Opening the Circle

7:30-9:15pm Talent Share / Energy Exchange

9:15pm Closing the Circle



Location: Shangrila Yoga Centre
111 Mount Pleasant Ave.
London ON N6H 1E1
(shangrilayoga.com)

 **Shangrila** yoga