



Sunday, January 31st

3:00 - 4:30 pm

Suggested Donation: \$10

Wear comfortable clothing

Hosted by Heroes Unite and Kung Fu Connection

RENEW YOUR SPIRIT SUNDAYS
AT KUNG FU CONNECTION

In response to our students seeking spirit enhancement to improve themselves, we are offering a variety of philosophical classes on Sunday. We will commence with a class that will have a lecture, dialogue and practice component on meditation. Many people struggle with the ability to CLEAR their minds. There are many methods for meditation.

Master Rubio will conduct the first class starting with the basics and offer more strategies and guest lecturers over time, based upon attendance. These classes are open to the public. We encourage you to bring family and friends with you to explore the unlimited bounty within.