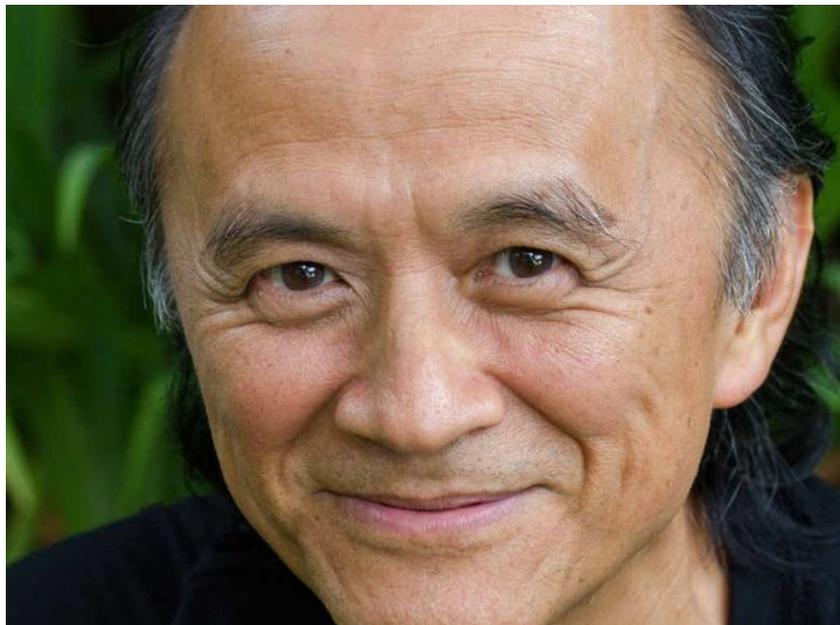


The pursuit of heartfulness



gharvey | 10th Jul 2015 6:00 AM



MIND, BODY AND SPIRIT: Dr Pee Tek Chan will lead a talk and workshop in Woolgoolga on July 18 and 19.

LEARN more about the principle of 'heartfulness' at a free talk by a visiting GP who integrates both Eastern and Western medicine.

Dr Pee Tek Chan will share his expertise with Coffs Coast residents, after being invited to the area by local GP Dr Adrian Hekel who was inspired by the Brisbane-based GP's approach to medicine.

"Today it is acknowledged that many diseases are stress-related, and there is growing evidence that meditation practice or 'mental silence' can improve our health in a profound way," Dr Hekel said.

"Dr Chan teaches this through a powerful movement meditation practice known as the 'Form-Reality Practice', which he describes as the 'medicine of the future'."

"His work is informed by more than 35 years of training in yoga, meditation and healing arts, and comes through a deep reflection of his own personal awakenings."

Dr Chan is thrilled to be invited to Coffs Harbour to share his work.

"My passion for practicing medicine goes beyond my surgery in Brisbane," he said.

"For the last eight years I have been running a one week residential retreat in Byron Bay twice a year and holding workshops interstate and overseas in Singapore."

Head to the Woolgoolga Community Village Hall on Saturday, July 18 from 12 to 1.30pm for the free talk.

Those wanting to delve deeper may be interested in a one day workshop on July 19 from 9am to 5pm. There is a cost involved with the workshop.

To inquire call 0438 705 527 or email madeleine@peetek.chan.com.