

# FALUN DAFA

(aka Falun Gong)

A Mind-Body Practice  
Benefiting Millions Worldwide

GUIDED BY

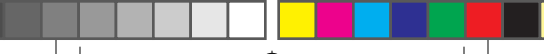
真 TRUTHFULNESS

善 COMPASSION

忍 FORBEARANCE



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[LearnFalunDafa.org](https://LearnFalunDafa.org)



Falun Dafa, also called Falun Gong, consists of four gentle standing exercises and a sitting meditation, along with the study of the universal principles of Truthfulness, Compassion, and Forbearance. Taught free of charge by volunteers, it is practised by people from all walks of life in over 120 countries around the world.



### BODY

Increase energy & vitality Boost immune system  
Improve physical wellness

### MIND

Achieve focus & clarity Relieve stress & anxiety Improve long- & short-term memory

### SPIRIT

Acquire inner peace & tranquility Promote positive energy  
Harmonize spiritual wellness



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