
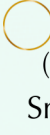

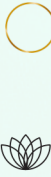






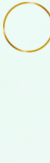
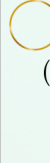



APRIL 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
 SFQ 5 Element 1 Movements & Healing	2	 Qigong in silence 3 (minimum instructions) Small Universe & Healing	4	 SFQ Level 2 5 Movements & Healing
 SFQ Level 2 8 Movements & Healing Self-Concentration Meditation	9	 SFQ 5 Element 10 Movements & Healing	11	 SFQ Level 3 12 Movements & Healing Chanting
 Qigong in silence 15 (minimum instructions) and Healing	16	 SFQ Level 3 17 Movements & Healing Bouncing	18	 SFQ 5 Element 19 Movements & Healing
 SFQ Level 2 22 Movements & Healing Energy Breathing	23	 SFQ Level 3 24 Movement & Healing Moon Meditation	25	 Qigong in silence 26 (minimum instructions) and Healing
 SFQ Level 3 29 Movements & Healing	30			

QI CIRCLE SESSIONS

Mondays, Wednesdays & Fridays
 @ 12:00 PM US Central Time

An hour-long group session designed to empower you. Our Qigong Healer will guide you in practicing SFQ healing movements to unlock your healing intelligence, followed by a guided healing meditation.

While you are deep in the stillness of meditation, our healer will work to remove Qi blockages and balance your body's Qi, sending healing energy to everyone in the circle.



DEEP TRANSFORMATION MEDITATION

Mondays @ 8:00 PM US Central Time

30-minute Guided Qigong Healing Meditation, designed to take you deeper into yourself for deep healing and deep transformation.

BONUS!

Free LIVE Guided Meditation
 Every Monday Night

If you can't be there live (or if you would like to enjoy the energy again), you even get a limited time full recording afterwards!