

















AUGUST 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
			1	Qigong in silence (minimum instructions) and Healing 2
 SFQ 5 Element Movements & Healing 5 	6	 SFQ Level 3 Movements & Healing Chanting 7	8	 SFQ Level 2 Movements & Healing, Energy Breathing 9
 Qigong in silence (minimum instructions) and Healing 12 	13	 SFQ Level 3 Movements & Healing Bouncing 14	15	 SFQ 5 Element Movements & Healing 16
 SFQ Level 2 Movements & Healing Self-Concentration Meditation 19 	20	 SFQ 5 Element Movements & Healing 21	22	 Qigong in silence (minimum instructions) and Healing 23
 SFQ Level 2 Movements and Healing 26 	27	 Qigong in silence (minimum instructions) Small Universe, & Healing 28	29	 SFQ Level 3 Movement & Healing Moon Meditation 30

QI CIRCLE SESSIONS

Mondays, Wednesdays & Fridays
@ 12PM 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

BONUS!

Free LIVE Guided Meditation
Every Monday @ 8PM Central Time

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

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!