

DECEMBER 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
 SFQ Level 2 2 Movements & Healing, Energy Breathing 	3	 Qigong in silence 4 (minimum instructions) Small Universe & Healing	5	 SFQ 5 Element 6 Movements & Healing
 SFQ Level 3 9 Movements & Healing Chanting 	10	 SFQ 5 Element 11 Movements & Healing	12	 SFQ Level 3 13 Movement & Healing Moon Meditation
 Qigong in silence 16 (minimum instructions) and Healing 	17	 SFQ Level 3 18 Movements & Healing Bouncing	19	 SFQ Level 2 20 Movements and Healing
 SFQ 5 Element 23 Movements & Healing 	24	25 US Holiday (office is closed)	26	 Qigong in silence 27 (minimum instructions) and Healing
 SFQ Level 2 30 Movements & Healing Self-Concentration Meditation 	31			

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!