

















JUNE 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
 SFQ 5 Element 3 Movements & Healing 	4	 SFQ Level 2 5 Movements & Healing, Energy Breathing	6	 Qigong in silence 7 (minimum instructions) Small Universe, & Healing
 SFQ Level 2 10 Movements & Healing Self-Concentration Meditation 	11	 SFQ 5 Element 12 Movements & Healing	13	 Qigong in silence 14 (minimum instructions) & Healing
 Qigong in silence 17 (minimum instructions) and Healing 	18	 SFQ Level 3 19 Movements & Healing Bouncing	20	 SFQ Level 3 21 Movement & Healing Moon Meditation
 SFQ Level 3 24 Movements & Healing Chanting 	25	 Qigong in silence 26 (minimum instructions) and Healing	27	 SFQ Level 2 28 Movements and Healing

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!