

# SEPTEMBER 2024



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