

# DECEMBER 2022 SHEDULE

MON.	TUE.	WED.	THU.	FRI.
			01	<b>02</b> <b>● Healing Circle</b> Mixed Qigong Movements Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer
<b>05</b> <b>● Healing Circle</b> Mixed Qigong Movements – 5 Element and chanting Guided Meditation and Receive Healing from the Healer <b>🦋 Deep Transformation Meditation</b>	06	<b>07</b> <b>● Healing Circle</b> Mixed Qigong Movements - 5 Element and SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer	08	<b>09</b> <b>● Healing Circle</b> Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer
<b>12</b> <b>● Healing Circle</b> Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Guided Meditation and Receive Healing from the Healer <b>🦋 Deep Transformation Meditation</b>	13	<b>14</b> <b>● Healing Circle</b> Mixed Qigong Movements – 5 Element and SFQ Classic Level 2 Guided Meditation and Receive Healing from the Healer	15	<b>16</b> <b>● Healing Circle</b> Mixed Qigong Movements - SFQ Classic Level 1 and Breathing Practice Guided Meditation and Receive Healing from the Healer
<b>19</b> <b>● Healing Circle</b> Mixed Qigong Movements Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer <b>🦋 Deep Transformation Meditation</b>	20	<b>21</b> <b>● Healing Circle</b> Mixed Qigong Movements - SFQ Classic Level 1 and Level 2 Guided Meditation and Receive Healing from the Healer	22	<b>23</b> <b>Holiday</b> <b>No Healing Circle</b> <b>No Deep Transformation Meditation</b>
<b>26</b> <b>Holiday</b> <b>No Healing Circle</b> <b>No Deep Transformation Meditation</b>	27	<b>28</b> <b>● Healing Circle</b> Mixed Qigong Movements – 5 Element Guided Meditation and Receive Healing from the Healer	29	<b>30</b> <b>Holiday</b> <b>No Healing Circle</b> <b>No Deep Transformation Meditation</b>

\*Qi Circle classes are pre-designed to bring the maximum benefits to our participants. If for any reason that the Teacher cannot be there or due to circumstances that outside of the Teacher's control, class schedule may subject to substitute or change. SFQ will do our very best to notify participants in such events.