



MAY 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
SFQ Level 1 (5 Element) Movements and Healing 1	2	SFQ Level 2 Movements and Healing 3	4	Active Exercises, Energy Breathing, and Healing 5
SFQ Level 3 Movements, chanting, and Healing 8	9	Qigong in silence (minimum instructions) and Healing 10	11	SFQ Level 1 (5 Element) Movements and Healing 12
SFQ Level 2 Movements, Energy Breathing, and Healing 15	16	Bouncing, SFQ Level 3 Movements, and Healing 17	18	SFQ Level 3, Active Exercises, and Healing 19
Active Exercises, Energy Breathing, and Healing 22	23	SFQ Level 1 (5 Element) Movements, chanting, and Healing 24	25	SFQ Level 2 Movements and Healing 26
US Holiday 29	30	SFQ Level 1 (5 Element) Movements and Healing 31		

HEALING CIRCLE

Guided Qigong practice including movements and internal refinement. Closed by a Qigong healing session from the healer. Starting at 12 Noon US Central Time.

DEEP TRANSFORMATION

Guided Spring Forest Qigong Internal Refinement to renew and cultivate internal Qi for restoring energy and increase vibration. Starting at 8 PM US Central Time.