



NOVEMBER 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
		○ Active Exercises, Energy Breathing, and Healing 1	2	○ SFQ Level 2 Movements and Healing 3
○ SFQ Level 3 Movements, chanting, and Healing 6 butterfly	7	○ Qigong in silence (minimum instructions) and Healing 8	9	○ SFQ Level 1 (5 Element) Movements and Healing 10
○ SFQ Level 2 Movements, Energy Breathing, and Healing 13 butterfly	14	○ Bouncing, SFQ Level 3 Movements, and Healing 15	16	○ SFQ Level 1 (5 Element), Active Exercises, and Healing 17
○ SFQ Level 2 Movements and Healing 20 butterfly	21	○ SFQ Level 3, Active Exercises, and Healing 22	23	US Holiday 24
○ SFQ Level 2 Movements and Healing 27 butterfly	28	○ SFQ Level 3 Movement, Self-Concentration Meditation, and Healing 29	30	



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.