



OCTOBER 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
SFQ Level 1 (5 Element) Movements and Healing 2	3	Qigong in silence (minimum instructions) and Healing 4	5	SFQ Level 2 Movements and Healing 6
SFQ Level 3 Movements, chanting, and Healing 9	10	Active Exercises, Energy Breathing, and Healing 11	12	SFQ Level 1 (5 Element), Active Exercises, and Healing 13
SFQ Level 2 Movements, Energy Breathing, and Healing 16	17	Bouncing, SFQ Level 3 Movements, and Healing 18	19	SFQ Level 1 (5 Element) Movements, chanting, and Healing 20
SFQ Level 2 Movements and Healing 23	24	SFQ Level 3 Movement, Self-Concentration Meditation, and Healing 25	26	Active Exercises, Energy Breathing, and Healing 27
SFQ Level 1 (5 Element) Movements and Healing 30	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.