



SEPTEMBER 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
				Qigong in silence (minimum instructions) and Healing 1
US Holiday 4	5	Active Exercises, Energy Breathing, and Healing 6	7	SFQ Level 1 (5 Element) Movements and Healing 8
SFQ Level 2 Movements and Healing 11 	12	Bouncing, SFQ Level 3 Movements, and Healing 13	14	SFQ Level 1 (5 Element), Active Exercises, and Healing 15
SFQ Level 2 Movements, Energy Breathing, and Healing 18 	19	Active Exercises, Energy Breathing, and Healing 20	21	SFQ Level 3 Movement, Self-Concentration Meditation, and Healing 22
SFQ Level 1 (5 Element) Movements, chanting, and Healing 25 	26	SFQ Level 2 Movements and Healing 27	28	SFQ Level 3, Active Exercises, and Healing 29



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.