


















# MARCH 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
				 SFQ Level 2 Movements & Healing 1
 SFQ 5 Element Movements & Healing 4 	5	 Qigong in silence (minimum instructions) and Healing 6	7	 SFQ Level 2 Movements & Healing Energy Breathing 8
 Qigong in silence (minimum instructions) Small Universe & Healing 11 	12	 SFQ Level 3 Movements & Healing Bouncing 13	14	 SFQ 5 Element Movements & Healing 15
 SFQ Level 2 Movements & Healing 18 	19	 SFQ Level 3 Movement & Healing Sun Meditation 20	21	 Qigong in silence (minimum instructions) and Healing 22
 SFQ 5 Element Movements & Healing 25 	26	 SFQ Level 2 Movements & Healing Self-Concentration Meditation 27	28	 SFQ Level 3 Movements & Healing Chanting 29

## QI CIRCLE SESSIONS

Mondays, Wednesdays & Fridays  
@ 12:00 PM US Central Time

An hour-long group session designed to empower you. Our Qigong Healer will guide you in practicing SFQ healing movements to unlock your healing intelligence, followed by a guided healing meditation.

While you are deep in the stillness of meditation, our healer will work to remove Qi blockages and balance your body's Qi, sending healing energy to everyone in the circle.

## DEEP TRANSFORMATION MEDITATION

Mondays @ 8:00 PM US Central Time

30-minute Guided Qigong Healing Meditation, designed to take you deeper into yourself for deep healing and deep transformation.

### **BONUS!**

Free LIVE Guided Meditation  
Every Monday Night

If you can't be there live (or if you would like to enjoy the energy again), you even get a limited time full recording afterwards!