




MAY 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
		SFQ 5 Element Movements & Healing 1	2	SFQ Level 3 Movements & Healing Chanting 3
SFQ 5 Element Movements and Healing 6 	7	Qigong in silence (minimum instructions) & Healing 8	9	SFQ Level 2 Movements & Healing, Energy Breathing 10
Qigong in silence (minimum instructions) Small Universe, & Healing 13 	14	SFQ Level 3 Movements & Healing Bouncing 15	16	SFQ 5 Element Movements & Healing 17
SFQ Level 3 Movement & Healing Sun Meditation 20 	21	SFQ Level 2 Movements and Healing 22	23	Qigong in silence (minimum instructions) and Healing 24
US Holiday (office is closed) 27	28	SFQ 5 Element Movements and Healing 29	30	SFQ Level 2 Movements & Healing Self-Concentration Meditation 31

QI CIRCLE SESSIONS

Mondays, Wednesdays & Fridays
@ 12PM 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

BONUS!

Free LIVE Guided Meditation
Every Monday @ 8PM Central Time

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

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!