



SEPTEMBER 2022 SHEDULE

MON.	TUE.	WED.	THU.	FRI.
			SEP 01	02 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer
05 ● Holiday No Healing Circle or Deep Transformation Meditation	06	07 ● Healing Circle Mixed Qigong Movements - 5 Element and SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer	08	09 ● Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer
12 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Guided Meditation and Receive Healing from the Healer 🦋 Deep Transformation Meditation	13	14 ● Healing Circle Mixed Qigong Movements Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer	15	16 ● Healing Circle Mixed Qigong Movements - SFQ Classic Level 1 and Breathing Practice Guided Meditation and Receive Healing from the Healer
19 ● Healing Circle Mixed Qigong Movements – 5 Element and Level 2 Guided Meditation and Receive Healing from the Healer 🦋 Deep Transformation Meditation	20	21 ● Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	22	23 ● Healing Circle Mixed Qigong Movements - 5 Element and chanting Guided Meditation and Receive Healing from the Healer
26 ● Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer 🦋 Deep Transformation Meditation	27	28 ● Healing Circle Mixed Qigong Movements – 5 Element and Level 2 Guided Meditation and Receive Healing from the Healer	29	30 ● Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer

*Qi Circle classes are pre-designed to bring the maximum benefits to our participants. If for any reason that the Teacher cannot be there or due to circumstances that outside of the Teacher’s control, class schedule may subject to substitute or change. SFQ will do our very best to notify participants in such events.