




















AUGUST 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
	1	 Active Exercises, Energy Breathing, and Healing 2	3	 SFQ Level 3 Movements, chanting, and Healing 4
 SFQ Level 1 (5 Element) Movements and Healing 7 	8	 Qigong in silence (minimum instructions) and Healing 9	10	 SFQ Level 2 Movements and Healing 11
 SFQ Level 3, Active Exercises, and Healing 14 	15	 SFQ Level 1 (5 Element) Movements, chanting, and Healing 16	17	 SFQ Level 2 Movements, Energy Breathing, and Healing 18
 SFQ Level 3 Movement, Self-Concentration Meditation, and Healing 21 	22	 Bouncing, SFQ Level 3 Movements, and Healing 23	24	 SFQ Level 1 (5 Element), Active Exercises, and Healing 25
 Active Exercises, Energy Breathing, and Healing 28 	29	 SFQ Level 2 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.