
















# JUNE 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
			1	 SFQ Level 2 Movements and Healing 2
 SFQ Level 3 Movements, chanting, and Healing 5  	6	 Qigong in silence (minimum instructions) and Healing 7	8	 SFQ Level 1 (5 Element) Movements and Healing 9
 SFQ Level 2 Movements, Energy Breathing, and Healing 12  	13	 Active Exercises, Energy Breathing, and Healing 14	15	 SFQ Level 3, Active Exercises, and Healing 16
 SFQ Level 1 (5 Element), Active Exercises, and Healing 19  	20	 Active Exercises, Energy Breathing, and Healing 21	22	 SFQ Level 2 Movements and Healing 23
 SFQ Level 3 Movement, Self-Concentration Meditation, and Healing 26  	27	 Bouncing, SFQ Level 3 Movements, and Healing 28	29	 SFQ Level 1 (5 Element) Movements, chanting, and Healing 30

## 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.