





MARCH 2023

MONDAY	TUE	WEDNESDAY	THU	FRIDAY
		○ SFQ Level 1 (5 Element) Movements and Healing 1	2	○ Qigong in silence (minimum instructions) and Healing 3
○ SFQ Level 2 Movements and Healing 6 	7	○ Active Exercises, Energy Breathing, and Healing 8	9	○ SFQ Level 3 Movements, chanting, and Healing 10
○ SFQ Level 1 (5 Element) Movements, chanting, and Healing 13 	14	○ SFQ Level 2 Movements, Energy Breathing, and Healing 15	16	○ Bouncing, SFQ Level 3 Movements, and Healing 17
○ Active Exercises, Energy Breathing, and Healing 20 	21	○ SFQ Level 1 (5 Element), Active Exercises, and Healing 22	23	○ SFQ Level 3, Active Exercises, and Healing 24
○ SFQ Level 3 Movement, Self-Concentration Meditation, and Healing 27 	28	○ SFQ Level 1 (5 Element) Movements and Healing 29	30	○ SFQ Level 2 Movements and Healing 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.