

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