

















FEBRUARY

2024



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



HEALING CIRCLE

Mondays, Wednesdays & Fridays @ 12:00 PM US Central Time

An hour-long group session designed to empower you. Our Qigong Healer will guide you in practicing Spring Forest Qigong healing movements to unlock your healing intelligence, followed by a guided healing meditation. While you are deep in the stillness of meditation, our healer will work to remove Qi blockages and balance your body's Qi, sending healing energy to everyone in the circle.



DEEP TRANSFORMATION MEDITATION

Mondays @ 8:00 PM US Central Time

Deep Transformation Meditation it is a 30-minute guided Qigong healing meditation, designed to take you deeper into yourself for deep healing and deep transformation.

If you can't be there live (or if you would like to enjoy the energy again), you even get a limited time full recording afterwards!