


OCTOBER 2024



MONDAY	TUES	WEDNESDAY	THU	FRIDAY
	1	 SFQ Level 3 2 Movements & Healing Bouncing	3	 SFQ Level 2 4 Movements & Healing, Energy Breathing
 SFQ 5 Element 7 Movements & Healing 	8	 Qigong in silence 9 (minimum instructions) and Healing	10	 SFQ Level 3 11 Movements & Healing Chanting
 Qigong in silence 14 (minimum instructions) and Healing 	15	 SFQ Level 2 16 Movements & Healing Self-Concentration Meditation	17	 SFQ 5 Element 18 Movements & Healing
 SFQ Level 2 21 Movements and Healing 	22	 SFQ 5 Element 23 Movements & Healing	24	 Qigong in silence 25 (minimum instructions) and Healing
 SFQ Level 3 28 Movement & Healing  Moon Meditation	29	 Qigong in silence 30 (minimum instructions) Small Universe, & Healing	31	

QI CIRCLE SESSIONS

Mondays, Wednesdays & Fridays
@ 12PM Central Time

An hour-long group session designed to empower you. Our Qigong Healer will guide you in practicing SFQ 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

BONUS!

Free LIVE Guided Meditation
Every Monday @ 8PM Central Time

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!