



Awakening the Energy Within!



With Sheila Leonard, PBVM, Teacher/ Practitioner

T'ai Chi Chih

Wisdom Healing Qigong

**Healthier!
Renewed Energy!
More JOY!**

**"Where the mind goes,
energy flows!"**

September 2017 Saturday Retreat Days - Open to all

**Sept. 9th T'ai Chi Chih and more --- Sept. 16th Qigong and more
9:30 - 3:30 (or come for ½ day if that is all you have)**

WHERE: Presentation Sisters Retreat Centre, 47 Parsonage Drive

COST: Suggested \$30 offering for full day or give what you can ...

Please Call Or E-Mail To Pre-Register For Retreats.

Fall 2017 Weekly Sessions

Introductory Drop-in Sessions; Sept 12th – 21st

Full 8-Week Session: October 17th – December 14th

WHERE: The Lantern, 35 Barnes Road, St. John's

WHEN: Tuesdays 10:30/7:00 - Wisdom Healing Qigong

Wednesdays 10:30/7:00 - T'ai Chi Chih Beginners

Thursdays 1:30/7:00 - T'ai Chi Chih Beyond Beginners

COST: Suggested \$10 offering or give what you can ...

Contact Sheila at sheilaleonard@nf.sympatico.ca or 709-727-7863

or please visit www.taichichihnl.ca for more details.

You can also contact The Lantern at 709-753-8760.

PLEASE KEEP ALL SESSIONS AS SCENT-FREE AS POSSIBLE ...