



Awakening the Energy Within!



With Sheila Leonard, PBVM, Teacher/ Practitioner

T'ai Chi Chih

Wisdom Healing Qigong

More relaxation!
Improved health!
Time for YOU!

More aliveness!
More energy!
More JOY!

January 2018 Saturday Retreat Days - Open to all

DATES: Jan. 20th T'ai Chi Chih and Jan. 27th Wisdom Healing Qigong

TIME: 10:00 - 3:00 (Or ½ day option) (Bring along a lunch.)

WHERE: Presentation Sisters Retreat Centre, 47 Parsonage Drive, St. John's

COST: \$25 offering for full day or \$15 half day ... (negotiable if need be)

Please call or e-mail to pre-register for Saturday sessions.

Winter 2018 for 8-Week Sessions

Week of January 21st – Week of March 25th

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

WHEN: Tuesdays 1:30-3:00/7:00-8:30 Wisdom Healing Qigong

Wednesdays 1:30-3:00/7:00-8:30 T'ai Chi Chih Beginners

Thursdays 1:30-3:00 T'ai Chi Chih Beyond Beginners

COST: \$80 for 8 weeks ... (negotiable if need be)

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

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

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

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