



# Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

## Spring 2019

**“Where the mind goes, energy flows!”**

Energy is alive! Energy wants to move! The more freely our natural energy flows, the happier, healthier, more joyous and fulfilled we are!

**“Come, taste and see!”**

### T'ai Chi Chih Joy Thru Movement

A set of 20 gentle, repetitive movements that help stimulate, circulate, and balance the flow of our natural energy.

### Wisdom Healing Qigong

Practices include posture alignment, gentle, repetitive movements, visualization, sound, breath, and focused intention.

### **Helping yourself feel better using your own natural resources to open energy blockages for:**

- Relieving chronic pain/other chronic issues and other health conditions
- Dealing with daily stresses, anxiety, depression, trauma, and improving mental focus
- Increasing energy, stamina, balance and flexibility, and improving sleep
- Improving immune system response and enhancing overall well-being
- Cultivating deeper self-empowerment, mindfulness, confidence and joy

**As one student so simply summed it up, “Doing it just feels good!”**

Easily learned in class and continued on your own ... also welcome to keep coming back! We'll be here! The group energy greatly amplifies our own. Can also do it seated. All ages!

**Saturday Retreat Days at Virginia Water Retreat House, 47 Parsonage Drive, off Logy Bay Road:  
Exploring April 13<sup>th</sup> /27<sup>th</sup> and May 11<sup>th</sup> /25<sup>th</sup> ~~~ T'ai Chi Chih and/or Wisdom Healing Qigong  
Check web site NEWS menu for details as my availability sorts itself out.**

### 8-Week Sessions - The Lantern, 35 Barnes Road, St. John's

**April 2<sup>nd</sup> - May 23<sup>rd</sup> (or 30<sup>th</sup> if needed) Register at your first class.**

**Tuesdays: Wisdom Healing Qigong** Beginners: 10:30 - 12:00 and 7:00 - 8:30  
Beyond Beginners: 1:30 - 3:00 and 7:00 - 8:30 (evening combined with Beginners)

**Wednesdays: T'ai Chi Chih** Beginners 10:30 - 12:00 and 7:00 - 8:30

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

**Suggested Donation:** \$80/8 weeks ... \$10/class (or give what you can, when you can, if you can)

**For more information or to request a “Come, Taste & See” session for interested groups please contact Sheila at [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) or 709-727-7863**

**or visit my web site at [www.sheilaleonard.ca](http://www.sheilaleonard.ca)**

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

**PLEASE KEEP SESSIONS AS SCENT-FREE AS POSSIBLE ... THANK-YOU!**