



# Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

## Fall 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, focused intention and attention.

### **Helping yourself feel better using your own natural resources by opening energy blockages:**

- Relieving chronic pain/other chronic issues and numerous 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, energy, freedom, & joy

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

Easy to learn. Easy to do. Can also be done seated. The group energy greatly enhances your own. Always welcome to keep coming back! We'll be here! All ages! Healing through JOY!

Continue to check for **UPDATES** on my web site, especially under the **NEWS** menu, including for **Saturday Retreat Days** at **Virginia Water Retreat House, 47 Parsonage Drive.**

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

**NOTE: Classes start the 1<sup>st</sup> week of October ... then skip a week and resume October 15<sup>th</sup> ...**

**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 709-727-786

Web Site: [www.sheilaleonard.ca](http://www.sheilaleonard.ca) or my new **Facebook** page or old **Facebook**

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

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