



Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

Fall 2019 Saturday Retreat Days

“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,

Saturday Retreat Days

Virginia Water Retreat House, 47 Parsonage Drive, St. John's. (Off Logy Bay Road, near NTV)

Saturday, November 30th – T'ai Chi Chih Joy thru Movement

Saturday, December 14th – Wisdom Healing Qigong

9:30 – 4:00 ... Lunch 12:00 – 1:15 ... welcome to bring a brown bag lunch. Restart 1:30

Open to new and returning participants. All welcome!

Suggested Donation: \$30 for full day or \$15 for half day (or give what you can)

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

Web Site: 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!