

# Awakening the Energy Within!

With Sheila Leonard, Certified Teacher and Healing Facilitator

## Winter/Spring 2022

### Class Interest Survey

**Beginners T'ai Chi Chih and/or Wisdom Healing Qigong Classes  
Exploring Options for Zoom or In-Person Sessions**

Hi to each and to all ...

This is an **INTEREST SURVEY ONLY** as I **explore** the possibility of offering new **Zoom and/or in-person Beginners T'ai Chi Chih and Wisdom Healing Qigong classes**. Zoom is especially do-able during Covid ... or anytime. Our changing Covid situation **might allow for in-person classes in March or more likely into April**. Will also depend on expressed interest and my own availability overall ...

**Please contact me** at [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) or 709-727-7863 **by this coming Friday, February 18<sup>th</sup>** or as soon as possible if you would be interested in Beginners classes.

**Please specify whether** your interest is in T'ai Chi Chih **or** Wisdom Healing Qigong **or both**,

**Please specify whether** you are interested in doing class **only** on-line, or **only** in-person, or **either way**, depending on whichever is available.

**Tentative scheduling options I am looking at ...**

**\*\*\* Beginner 8-week in-person classes at the Lantern** starting later in March or April ...

**Mondays 1:30 – 3:00 for T'ai Chi Chih**

**Wednesdays 1:30 – 3:00 for Wisdom Healing Qigong**

**\*\*\* Beginner 8-week on-line Zoom classes** starting later in March ...

**Mondays 10:30 – 12:00 for T'ai Chi Chih**

**Wednesdays 10:30 – 12:00 for Wisdom Healing Qigong**

Classes will be a mix of teaching and practice, sometimes using videos you can also continue to use at home between sessions. So yes, at home practise time is key for both. T'ai Chi Chih and Wisdom Healing Qigong are far more than going to a weekly exercise class. When students ask about the best time to practice between sessions, my reply is simply "Practice when you feel like it and practice when you don't feel like it. The rewards are amazing." 😊 A further update will follow to confirm which sessions may be going ahead.

**NOTE: Current Beyond Beginners Zoom classes will continue as is for now:**

**Tuesdays 2:00 – 3:30 T'ai Chi Chih**

**Thursdays 2:00-3:30 Wisdom Healing Qigong**

**Will look at in-person options or a possible combination later in March.**

**Some Lantern Covid related things to consider before replying:**

- \*\*\* Limit will be 12 participants per session for the classroom space upstairs and 25 for cafeteria space.
- \*\*\* Pre-registration by e-mail or phone at a later date will be required if possible to help anticipate how many attending.
- \*\*\* You will be asked to please stay home if you are experiencing even mild symptoms resembling Covid-19.
- \*\*\* Any individual who has knowingly been exposed to someone with symptoms of COVID-19, and/or who is waiting for a COVID-19 test or test result, and/or who is supposed to be in quarantine, is asked to avoid attending sessions.
- \*\*\* The Lantern presently requires a COVID QR Code or equivalent official COVID letter verifying vaccination or medical exemption status, in order to participate in any happenings in the building.
- \*\*\* Masks and social distancing will be required in the building and will be critical to our being able to safely continue.
- \*\*\* Handwashing will also be critical, or hand sanitizing if unable to wash hands.
- \*\*\* Some soaps and hand sanitizers can be a major challenge for anyone, myself included, with allergies to scents. Please be mindful of that. Please also keep to the scent-free policy in place at The Lantern regarding fragrances in personal care products, including perfumes, shampoos and after shave, laundry detergents, fabric softeners, etc..

**Suggested Donation per in-person class:**

Suggested donation of **\$10/per in-person session or donate what you can** to help support the Lantern. Options for e-transfer, cash, or cheque made out to me. A basket will be provided. Bringing correct amount is helpful if you can to avoid handling money for change as much as possible. If a \$\$ donation is out of reach for you, you can choose to simply Pay Forward with deliberate acts of kindness to someone else. We are all so interconnected, that what we do for one we do for us all. **For my Zoom classes**, I teach from home and therefore I generally only ask students to Pay Forward by donating to a person or group of their choosing who is in need.

**NOTE:** I will be exploring possibilities for Virginia Water Retreat Days or maybe even Zoom Retreats for maybe much later in the Spring. Will update you accordingly.

Be Safe. Be Well. Be Kind.



Continued blessings in abundance for each new day as it unfolds,

Sheila

*"Don't ask what the world needs.  
Ask what makes you come alive and do it.  
Because what the world needs is people who have come alive".  
~ Howard Thurman*