



# Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

## Spring 2022

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

Energy is alive! Energy wants to move! The more freely our natural energy flows, the greater our health, happiness, joy, freedom, confidence and sense of overall well-being ...

**“Come, taste and see! Relax and en-JOY.”**

### T'ai Chi Chih Joy Thru Movement

A set of 20 gentle, repetitive mindful movements that help **A**ctivate, **B**alance and **C**irculate our energy's natural flow.

### Wisdom Healing Qigong

A focus on posture alignment, gentle repetitive mindful movements, visualization and meditation, and sound.

### **Helping yourself feel better using your own natural resources to open more energy flow:**

- Relieving chronic pain/other chronic issues and numerous other health conditions
- Dealing with daily stresses, anxiety, depression, trauma, and improving mental focus
- Increasing your energy, stamina, balance and flexibility, and improving your sleep
- Strengthening your immune system and enhancing your 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. For all ages. The energy is contagious!

Always welcome to keep coming back! We'll be here! Healing through JOY!

**Please continue to check my web site for UPDATES under the NEWS menu, including for possible Saturday Retreat Days at Virginia Water Centre, 47 Parsonage Drive.**

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

**Masks and social distancing will be required.**

\*\*\* **Zoom classes** for Beginners T'ai Chi Chih on Mondays, starting May 2<sup>nd</sup> from 10:30 – 12:00

\*\*\* **Zoom classes** for Beginners Wisdom Healing Qigong on Wednesdays, starting May 11<sup>th</sup> from 10:30 – 12:00  
Zoom link will be sent to you once you pre-register and classes are confirmed.

\*\*\* **In-person classes** for Beginners T'ai Chi Chih on Mondays, starting May 2<sup>nd</sup> from 1:30 – 3:00

\*\*\* **In-person classes** for Beginners Wisdom Healing Qigong on Wednesdays, starting May 11<sup>th</sup> from 1:30 – 3:00

**NOTE: All in-person classes will depend on how many pre-register and the changing Covid situation.**

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

**You can always “pay forward” in kindness ... please never let \$\$ keep you from joining us.**

**NOTE: Beyond Beginners classes, for returning students only, will continue as is on Zoom.**

**Tuesdays 2:00 – 3:30 for T'ai Chi Chih ~ Thursdays 2:00 - 3:30 for Wisdom Healing Qigong**

**Please Pre-Register by contacting me at [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) or 709-727-7863**

**Web Site: [www.sheilaleonard.ca](http://www.sheilaleonard.ca) ~ Facebook links can be found on my Contact page.**

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

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