

From: Sheila Leonard <sheilaleonard@nf.sympatico.ca>

Sent: April 17, 2022 7:05 PM

Subject: **Class Update for Spring T'ai Chi Chih and Wisdom Healing Qigong - April 17, 2022**

Hi to each and to all ...

Attached is my Spring 2022 flyer for T'ai Chi Chih and Wisdom Healing Qigong for easy printing and saving. Please share it as might be appropriate. Thank you. It includes both Zoom and in-person sessions. In-person sessions will be held at The Lantern, 35 Barnes Rd, St John's and will depend on how many pre-register and then come to the first class

In-person classes will also depend on the changing Covid situation. Masks and social distancing will be required. Please avoid coming to sessions if you have any Covid symptoms or related concerns with possible exposure or are awaiting testing or test results.

Key details are highlighted below in case some have issues opening attachments. This update can also be found on my website [NEWS](#) page at www.sheilaleonard.ca Please also have an eye for other updates as might be posted, including for possible spring Saturday Retreat Days at Virginia Water Contemplative Centre, 47 Parsonage Drive, St. John's.

REGISTRATION

Please pre-register for all sessions. Pre-registration is **encouraged by Friday, April 29th if possible**, to help me determine interest for sessions going ahead. Pre-registration will be especially important for in-person classes since space will be limited. In-person drop-ins will be accommodated as space allows.

You can pre-register by contacting me at sheilaleonard@nf.sympatico.ca or 709-727-7863.

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 Zoom, or only in-person, or **both**, depending on whichever is available.

BEYOND BEGINNERS CLASSES - ZOOM ONLY - FOR RETURNING STUDENTS ONLY

Current **Beyond Beginners** T'ai Chi Chih and Wisdom Healing Qigong classes will continue as they are now ... Tuesdays 2:00 - 3:30 for T'ai Chi Chih and Thursday 2:00 - 3:30 for Wisdom Healing Qigong. If you have already completed a full 8-week set of T'ai Chi Chih classes and are fairly comfortable with all of the moves, then you are welcome to join us for the Beyond Beginners T'ai Chi Chih Zoom class. Note that there is no new teaching of movements in the Beyond Beginners T'ai Chi Chih, simply a deepening of our practice. If you have already completed a full 8-week set of Wisdom Healing Qigong classes, I suggest that you will find it much more helpful to register for the Beginners classes again since Wisdom Healing Qigong involves so much more basic teaching than a single set of 8-week classes can possibly cover. Welcome to contact me if you have a question about your own readiness.

BEGINNERS CLASSES - ZOOM AND IN-PERSON

There will be a **6-week series** of **Beginners Zoom and in-person sessions** starting in May. Zoom link will be sent to you once you pre-register. **Providing there are enough registrations**, Beginners sessions will continue until the week of June 13th. With the May Monday long-weekend holiday, both sessions will finish the same week.

*** **Zoom classes** for Beginners T'ai Chi Chih on Mondays, starting May 2nd from 10:30 – 12:00
*** **Zoom classes** for Beginners Wisdom Healing Qigong on Wednesdays, starting May 11th from 10:30 – 12:00
*** **In-person classes** for Beginners T'ai Chi Chih on Mondays, starting May 2nd from 1:30 – 3:00
*** **In-person classes** for Beginners Wisdom Healing Qigong on Wednesdays, starting May 11th from 1:30 – 3:00

Suggested Donation: \$10/class payable by cash, cheque or e-transfer. I can also provide my mailing address as needed.

If \$\$ is an issue for you, you can give what you can, when you can, if you can. Negotiable for groups. Please never let \$\$ keep you from joining us. You can always “pay forward” in kindness to someone else in need.

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

*** Please respect the allergy-related scent-free policy in place at The Lantern regarding personal care products, including scented soaps and shampoos, laundry detergents and fabric softeners, and hair spray and perfumes and after shave, etc.. Your attentiveness to this will be greatly appreciated, especially for those with significant allergy issues.

Come, Re-lax and En-JOY!

Be Safe. Be Well. Be Kind.

Happy Spring! Easter Blessings!



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