

## Update Re T'ai Chi Chih and Wisdom Healing Qigong Saturday Retreat Days at Virginia Water Contemplative Centre June 2022

Doing an Update about two possible Saturday Retreat Days in June for T'ai Chi Chih and/or Wisdom Healing Qigong ... for either half or a full day ...

Our beautiful Virginia Water Retreat House on scenic Virginia Lake, now called Virginia Water Contemplative Centre, has two Saturdays available in June at this point. They are June 11<sup>th</sup> and 25<sup>th</sup>. If you would like to sign up for one or both, please contact me at [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) as soon as you can to save your place, and definitely BY TUESDAY, MAY 24<sup>th</sup> as a first check-in so I can get back to Holly at The Centre within the week with an initial YES or NO to save our space in case others are also looking to book. We could comfortably accommodate up to 12 with masking and social distancing in place. That may change somewhat, depending on changing circumstance over the next few weeks.

Replying with a YES would mean committing to the retreats as far as reasonably possible at this point, given it is still 3 - 5 weeks away. If we have more than 12 with a YES, I will keep a wait list in the event anyone cancels or if we can accommodate more than 12. All are welcome to come to the Retreats, regardless of any previous experience with either T'ai Chi Chih or Wisdom Healing Qigong. Will be a "Bring-your-own-lunch" if a full day and we will eat downstairs this time.

In your reply, please be specific about which of the following options could work for you. Please indicate **ALL** possibilities that could work as I look to finalize a schedule.

\*\*\* Which would you be interested in ... only T'ai Chi Chih ... or only Wisdom Healing Qigong ... or both?

\*\*\* Which dates would work for you ... only June 11<sup>th</sup> or only June 25<sup>th</sup> ... or both?

\*\*\* Which time would work for you ... all day or a half day? Or both?

\*\*\* If only a half day, please specify if only mornings ... only afternoons ... or both.

A full day would be from 9:30 - 3:30 with a lunch break from 12:30 – 1:30.

If enough sign up for the full day to make it a GO, then some others could possibly join us for part of that day as life and time and space allow, like we have been used to doing.

Half a day for each gives us two options:

Half a day for each could mean both on same day ... 9:30 - 12:30 for one and 1:30 - 4:30 for the other.

Half a day for each could also mean 9:30 – 1:00 or 1:30 on two different days with a short break

Both are still an option, mostly depending on your responses.

Please and Thanks! 🙏🌸🌺😊

Would be lovely if one or both days go ahead. Those who have come other times have always tended to want to stay longer! 😊 Praying also for lovely weather for going outside! 😊

Suggested donation, part of which goes toward the Centre, would be \$30 for the full day and \$20 for a half day. Payable by cheque made out to me, or cash, or e-transfer. Payment on arrival may be simplest.

If you or someone you know might like to be added to my e-mail list, please let me know.

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*