

**From:** Sheila Leonard <sheilaleonard@nf.sympatico.ca>  
**Sent:** June 1, 2022, 10:00 PM  
**Subject:** Update re June Virginia Water Retreats - June 1, 2022

Hi to each and to all ...

Please see below for the summary of responses for the 2 proposed Virginia Water Saturday Retreat Days in June. Still time to register!

If you would like to join us for one day or for both and have yet to register, please let me know ASAP. Would appreciate your continuing to share this information any way you can with anyone in the area whom you think might be interested and would benefit. Again, all welcome, regardless of whether you have any previous experience with either T'ai Chi Chih or Wisdom Healing Qigong. Simply, Come, Relax and En-JOY!

Based on replies received, the schedule would be T'ai Chi Chih on the 11<sup>th</sup> and Wisdom Healing Qigong on the 25<sup>th</sup>, both for all day, 9:30 – 3:30, with a one-hour lunch break on site, if we have enough participants. Since no one else has asked to use the space, we can extend the date for registering to this coming Monday, June 6<sup>th</sup>, with today already being Wednesday, June 1<sup>st</sup>, in case some others might like to join us and have yet to contact me.

**For the 11<sup>th</sup>, all 3 responses have favoured all day T'ai Chi Chih ...**

2 with YES (Annette and Bernadette F) ... 1 with MAYBE (Wanda) ...

**For the 25<sup>th</sup>, all 7 responses have favoured all day Wisdom Healing Qigong...**

5 with YES (Annette, Alice, Ann, Bonnie, Judy), 2 with MAYBE (Bernadette F. Wanda) ...

Did I miss any names here? 😊

**We would need at least 10 YESs for all day to make either of the retreats a GO, leaving room for cancellations and still having enough of us to make for an enjoyable and enriching group experience.** Other half-day participants could then blend in accordingly.

A reminder that masks and social distancing will be required. We will safely follow “restaurant” protocols during lunch (bring your own 😊), wearing masks inside while moving around, naturally removing masks while sitting to eat. Let’s all send Energy ahead of us to help the weather along so we can possibly eat outside, walk outside during breaks and maybe even do part of our practice outside!

Suggested donation for the full day is \$30 on arrival. Please let me know if that is out of reach for anyone, in which case you can always give what you can and pay the rest forward in deliberate acts of kindness to someone. All welcome!

As always, if you wish to have your name removed from my mailing list, please simply let me know. If you know others who might like to be included, please ask them to e-mail me or call me at 709-727-7863.

With renewed thanks and WELL wishes...

Sheila 😊🌸🙏🌺