



Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

Fall 2022

“Where the mind goes, energy flows!”

Energy is alive! Energy wants to move! The more freely our natural energy flows, the happier, healthier, more joyous and fulfilled we are!

“Come and see for yourself!”

T'ai Chi Chih Joy Thru Movement

A set of 20 gentle, repetitive movements that help stimulate, circulate, and balance the flow of our natural energy.

Wisdom Healing Qigong

Practices include posture alignment, gentle, repetitive movements, visualization, sound, meditation, focused intention & attention.

Feel better using your own inner resources to increase your natural flow of energy!

- Relieve chronic pain/other chronic issues and numerous other health conditions
- Deal with daily stresses, anxiety, depression, trauma, and improve mental focus
- Increase energy, stamina, balance, and flexibility, and improve sleep
- Strengthen your immune system and improve overall well-being
- Cultivate 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. The group energy greatly enhances your own. Always welcome to keep coming back! We'll be here! Loving our body as our HOME!

NOTE: Saturday Retreat Day at Virginia Water Retreat Centre, 47 Parsonage Drive October 1st. Whether new or returning: T'ai Chi Chih 9:30 – 12:30 Wisdom Healing Qigong 1:30 - 4:30

8-Week Sessions - The Lantern, 35 Barnes Road, St. John's (709-753-8760)

Fall sessions start first week of October ... Best to pre-register for classes and retreats ...

T'ai Chi Chih Joy thru Movement

Tuesdays: 10:30 - 12:00 for Beginners and 2:00 - 3:30 for Beyond Beginners

Tuesdays: 7:00 - 8:30pm whether new or returning

Wisdom Healing Qigong

Thursdays: 10:30 - 12:00 for Beginners and 2:00 - 3:30 for Beyond Beginners

Mondays: 7:00 – 8:30pm whether new or returning

Masks and social distancing are strongly recommended though not required.

Suggested Donation: \$10/class and \$20/½ day Retreat(or give what you can, when you can.)

You can also “pay forward” in kindness ... rather than let \$\$ keep you from joining us!

For more info, please contact Sheila at sheilaleonard@nf.sympatico.ca or 709-727-7863

Web Site: www.sheilaleonard.ca Facebook: [See links on my web site Contact page.](#)

Please keep all sessions as scent-free as reasonably possible!