

**From:** Sheila Leonard <sheilaleonard@nf.sympatico.ca>  
**Sent:** September 22, 2022 10:25 AM  
**To:** Sheila Leonard <sheilaleonard@nf.sympatico.ca>  
**Subject:** Fall 2022 UPDATE - TCC and WHQ - September 22, 2022

Hi to each and to all ...

Attaching my **Fall 2022 T'ai Chi Chih and Wisdom Healing Qigong Flyer** with dates and times...

Looking to restart all **FALL 8-week sessions** as in-person at the Lantern the first week of October 😊. **Masks and social distancing are strongly recommended inside**, particularly while moving around, though not required.

On my flyer I have also listed a **Retreat Day at Virginia Water on Saturday, October 1<sup>st</sup>** from 9:30 - 12:30 for T'ai Chi Chih and from 1:30 - 4:30 for Wisdom Healing Qigong. Would be a great introduction for anyone new as well as a relaxing day for anyone returning.

Please **pre-register** by phone 727-7863 or e-mail me at [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) ASAP if you would like to join us for the **8-week sessions**. Those pre-registered will be given first choice if the sessions start to fill up. Drop-ins for the weekly sessions are also welcome as space allows.

**Pre-registration is absolutely necessary for the Retreat Days** at Virginia Water so that I will know ahead of time if we have enough to go ahead since it is just for the one day. We would need **at least 10 YES replies** for all day or for each half 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. Retreats are **BYOB** – “Bring Your Own Bag” lunch if staying all day or you can go for lunch and come back! 😊 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 **8-week sessions is \$10/session**. For **Retreat Days, a half day is \$20, a full day is \$40**. All donations can be made on arrival. Receipts available on request. Please let me know if that amount 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.

My individual web site pages are in the process of being updated ... basic info here for now ... Simply, Come, Relax and En-JOY! Easy to learn. Easy to do. ... seated, standing, or a mix of both.

**A REMINDER TO PLEASE KEEP ALL SESSIONS AS SCENT-FREE AS IS REASONABLY POSSIBLE!**

With renewed thanks and WELL wishes... 😊🌸🙏🌺  
Continued blessings for each new day as it unfolds,

Sheila

*“Stay close to anything that makes you glad you are alive.” ~ Hafiz*