

October 16, 2022

Hi to each and to all,

Dropping by with a T'ai Chi Chih and Wisdom Healing Qigong class update going forward as we enter our 3rd week of fall classes at the Lantern ...

Enough people had pre-registered or dropped in and registered at their first class to make all 6 classes a GO for the fall. Some had noted that they would be unable to start until the 2nd or 3rd week. Still may hear from others who had pre-registered but have not yet come. That makes final numbers a little tricky to determine, but all sessions are indeed a GO at this point. Drop-ins are still welcome and those who have a delayed start can readily catch-up. Naturally, regular weekly attendance is strongly encouraged for optimum benefit and adds to the group energy and enjoyment of the class for all.

Here again is the schedule as a quick and easy reference. Fall 2022 Flyer attached again here for easy sharing as well.

Please note that because of an unexpected personal commitment, the Tuesday and Thursday 2:00 Beyond Beginners classes for both T'ai Chi Chih and Wisdom Healing Qigong are cancelled for this week only. With my gracious apology. We can add a week at the end if that timing works out for you.

T'ai Chi Chih on Tuesdays only, daytime and evening:

10:30 - 12:00 and 7:00 - 8:30 ... which is for **Beginners** and those who would like to do more basic practice to become more comfortable with all the movements.

2:00 - 3:30 ... which is a **Beyond Beginners** class ... designed for those who have already learned the full set of 20 movements and are comfortable with them and want to deepen their daily practice.

Wisdom Healing Qigong on Monday evenings ... and Thursday mornings and afternoons:

10:30 - 12:00 on Thursday ... and 7:00 – 8:30 on Monday ... which is for **Beginners** and those who would like to do more basic practice to become more comfortable with the various practices, mindful that Wisdom Healing Qigong offers a lot more than the basic movement practices.

2:00 - 3:30 on Thursdays ... which is a **Beyond Beginners** class ... designed for those who have already learned the various practices and are comfortable with them and want to deepen their daily practice.

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.

Streaming autumn blessings your way amidst the changes October ushers in ... with its lingering hints of summer memories. 😊🍁🙏 ...

Be Safe ... Be Well ... Be kind ...

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 go out and do it.

Because what the world needs is people who have come alive".

~ Howard Thurman

