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Sent: November 23, 2022, 8:13 PM

To: Sheila Leonard <sheilaleonard@nf.sympatico.ca>

Subject: (CR) Check-in re December 3, 2022 TCC and WHQ Virginia Water Retreat Day - November 23, 2022

Hi to each and to all on my Class and Retreat mailing lists ...

Dropping in to see how many might like to join us on Saturday, December 3rd at our Virginia Water Contemplative Centre on Virginia Lake for a full day or ½ day T'ai Chi Chih/Wisdom Healing Qigong Retreat Day. The morning from 9:30 – 12:30 will be T'ai Chi Chih, followed by a one-hour lunch break, and then Wisdom Healing Qigong from 1 :30 – 4:30. Would be a great introduction for anyone new as well as a relaxing day of deepening your practice for anyone returning. 😊 **Masks and social distancing are recommended inside**, particularly while moving around, though not required.

Pre-registration is absolutely necessary for any and all Retreat Days at Virginia Water so that I will know ahead of time if we have enough to go ahead. Please **pre-register** by phone 727-7863 or e-mail me at sheilaleonard@nf.sympatico.ca as soon as possible and then hopefully I can confirm early next week with Holly at the Centre. Registrations will be accepted for a maximum of 15 to help with the social distancing and to allow for last minute cancellations and still have enough of us to make for an enjoyable and enriching group experience. We would need **at least 10-12 YESs** for all day or for each half day to make the retreat a GO. 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 positive Energy ahead of us to help the weather along so it can go ahead and also allow for some walking perhaps on the beautiful grounds for those who might wish.

Suggested donation for the **Retreat is \$20 for a half day, and \$40 for a full day**. 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 web site has yet to be updated ... that will happen SOOOOOOOOOON !

Would appreciate your continuing to share this information any way you can with anyone in the area whom you think might like to join us.

Again, welcome, regardless of whether you have any previous experience with either T'ai Chi Chih or Wisdom Healing Qigong. Easy to learn. Easy to do. Can all be done seated as well as standing, or a mix of both.

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

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.

Simply, Come, Relax and En-JOY!

With renewed thanks and WELL wishes...

Be Safe. Be Well. Be Warm. Be Kind.



Continued blessings for each new day as it unfolds,

Sheila

"Stay close to anything that makes you glad you are alive." ~ Hafiz