



# Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

## Winter 2023

**“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, relax and en-JOY!”**

### T'ai Chi Chih Joy Thru Movement

A set of 20 gentle, repetitive movements that help Activate, Balance and Circulate, the natural flow of our energy.

### Wisdom Healing Qigong

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

### **Help yourself simply feel better physically, mentally, emotionally, and spiritually by ...**

- Relieving chronic pain and improving other health issues
- More effectively dealing with daily stress, isolation, anxiety, depression, and trauma
- Improving energy, stamina, balance, flexibility, sleep, and mental clarity
- Building a stronger immune system and improving overall sense of well-being
- Learning to live more mindfully with increasing confidence, energy, freedom, & joy

**As one student so simply summed it up, “Doing it just feels good!”**

Easy to learn. Relaxing to do. Can be done seated. The group energy greatly enhances your own.

**Learning to come back to our body as our HOME!**

**Saturday Retreat at Virginia Water Contemplative Centre, 47 Parsonage Drive January 28<sup>th</sup>. All Welcome! Half or full day: T'ai Chi Chih 9:30 – 12:30 & Wisdom Healing Qigong 1:30 - 4:30**

### **9-Week Classes - The Lantern, 35 Barnes Road, St. John's (709-753-8760)**

**Winter session is January 23<sup>rd</sup> – March 23<sup>rd</sup> ... Pre-registration is encouraged.**

#### **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 are as feels appropriate for you. Social distancing is strongly encouraged.**

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

**You can also “pay forward” in kindness ... if \$\$ might keep you from joining us!**

**For more info, please contact Sheila at [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) or 709-727-7863**

**Web Site: [www.sheilaleonard.ca](http://www.sheilaleonard.ca) [Facebook Profile Page](#) or [Facebook PAGE](#)**

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