

Fall 2023 T'ai Chi Chih /Wisdom Healing Qigong Update

Hi again to each and to all,

Click here for [Fall 2023 Flyer - T'ai Chi Chih/Wisdom Healing Qigong](#)

In a nutshell, Fall 2023 T'ai Chi Chih and Wisdom Healing Qigong classes at The Lantern, 35 Barnes Road, St. John's, are set to start the week of September 17th on Tuesdays for T'ai Chi Chih and Thursdays for Wisdom Healing Qigong. I plan to go for 8 – 10 weeks this session, finishing the week of November 19th. That end date may change slightly as we go along, depending on some things yet to be finalized. It will definitely be at least 8 weeks.

Same basic schedule. One small change. All T'ai Chi Chih classes will still be on Tuesdays and this time **all** Wisdom Healing Qigong classes will be on Thursdays only. Each day will still be morning and evening for Beginners, with afternoons for Beyond Beginners. Beyond beginners are also welcome to the evening session as your schedules allow. Beyond Beginners would be those who have already completed one or more full sessions and feel comfortable enough to move on, and who also most likely have a regular practice they follow on their own. Each class will go ahead depending on sufficient registrations.

Please let me know if you have accessibility issues. Many of the sessions will be on the ground floor, allowing for full accessibility through the north entrance at the far end of the building while some will need to be on the second floor because of space availability for some sessions.

Preregistration is strongly recommended for classes and is required for the Retreat Days. You can contact me at sheilaleonard@nf.sympatico.ca or by phone at 709-727-7863 to pre-register. Drop-ins are also welcome as space allows ... though regular attendance is best.

Plans are also in place for a **Retreat Day on Saturday, September 16th, at Virginia Water Contemplative Centre on Virginia Lake**, which is located at 47 Parsonage Drive, off Logy Bay Road, near NTV. **Morning 9:30 - 12:30 will be T'ai Chi Chih and afternoon 1:30 - 4:30 will be Wisdom Healing Qigong.** All welcome regardless of previous experience. Can come for either half day or full day. A great introduction or a great opportunity to go deeper into your practice. Welcome to bring your own brown bag lunch and have lunch together 12:30 - 1:30.

As always, if you wish to have your name removed from my mailing list, please simply let me know. If you or others might like to be included, please simply e-mail me at sheilaleonard@nf.sympatico.ca or call me at 709-727-7863.

Be Safe ... Be Well ... Be Kind ... 🙏😊🌸🦋 ... as always ...
See you as your life and time and all else allow ...

Continued blessings in abundance for each new day as it unfolds,

Sheila

**“Wherever you feel stress, challenge, or limitation,
is the same place where the seeds of new inspiration
and new possibilities live.”**

~ Master Mingtong Gu, Wisdom Healing Qigong