

# Awakening the Energy Within!



## WINTER 2024 - "Come, relax and en-JOY!"

With Sheila Leonard, Certified T'ai Chi Chih and Wisdom Healing Qigong Instructor  
The Lantern, 35 Barnes Road, St. John's (709-753-8760)

### T'ai Chi Chih

Gentle, repetitive movements ...  
Activating, Balancing and Circulating  
our energy for more joy and wellness!

### Wisdom Healing Qigong

Gentle, repetitive movements, sound,  
visualization, meditation, improving  
posture, for more joy and wellness!

Help yourself naturally feel better physically, mentally, emotionally, and spiritually ...

Want to be more healthy, confident, energetic, free, creative, joyful?

Dealing better with daily stress,  
emotional health issues

Relieving chronic pain and other  
physical health issues

More energy, mental clarity  
flexibility, balance, & better sleep

Stronger immune system and  
sense of overall well-being

As one student so simply summed it up, "Doing it just feels good!"

Saturday, Jan. 27<sup>th</sup> Retreat Day Virginia Water Contemplative Centre, Virginia Lake  
Please preregister. All welcome! T'ai Chi Chih 9:30-12:30 Wisdom Healing Qigong 1:30-4:30

Drop-in Practice Sessions - January 16<sup>th</sup> and 18<sup>th</sup>  
8-Week Classes - January 30<sup>th</sup> - March 21<sup>st</sup> ... Preregistration encouraged.

#### T'ai Chi Chih (Tuesdays)

10:30 - 12:00 for Beginners

2:00 - 3:30 for Beyond Beginners

7:00 - 8:30 Beginners and Beyond B's

#### Wisdom Healing Qigong (Thursdays)

10:30 - 12:00 for Beginners

2:00 - 3:30 for Beyond Beginners

7:00 - 8:30 for Beginners and Beyond B's

**Suggested Donation:** \$10/class \$20 per half-day Retreat (or give what you can)  
Or "pay forward" in kindness, if need be ... please never let \$\$ keep you away!

For more info, please contact Sheila at [sheilaleonard67@gmail.com](mailto:sheilaleonard67@gmail.com) or 709-727-7863

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

Please keep sessions as scent-free as reasonably possible ... thank-you!