

Awakening the Energy Within!



Spring 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, and posture
alignment, for more joy and wellness!

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

Feel and be more healthy, confident, energetic, free, creative, joyful ...

Deal better with daily stress,
emotional health issues

Relieve chronic pain and improve
other physical health issues

Enjoy more energy, mental clarity
flexibility, balance, & better sleep

Strengthen immune system and
increase your overall well-being

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

April 27th & May 25th Saturday Retreats - 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

8-Week Classes Apr 16th - June 13th. Preregistration encouraged or just come along!

~ (Note: Some June ending dates may vary due to other pending commitments.) ~

T'ai Chi Chih (Tuesdays)

10:30 - 12:00 for All Levels
2:00 - 3:30 for Beyond Beginners
7:00 - 8:30 for All Levels

Wisdom Healing Qigong (Thursdays)

10:30 - 12:00 for All Levels
2:00 - 3:30 for Beyond Beginners
7:00 - 8:30 for All Levels

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 or 709-727-7863

Web Site: www.sheilaleonard.ca Facebook Profile or Facebook PAGE

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