

QI~氣 FULL LIVING

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG
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JULY 2020



HEALING THE WORLD

CONNECTING WITH
THE EARTH ENERGY

DOES DISTANCE
HEALING REALLY
WORKS?

IN THIS ISSUE

Connecting with the Earth Energy . . .	2
Does Distance Healing Really Work?	5
Ask Master Lin.	8
Featured Certified Professional	9
Inspiration and Healing Stories	12
For SFQ Members	14
Monthly Energy Recipe	16
Upcoming Qigong Training	17
Community Events	20

Connecting with the Earth's Energy

One of the main focuses of Spring Forest Qigong is health and healing. Since “Qigong” means “working with energy,” the main way we take care of our health and facilitate our healing is by working with the body’s own energy. We do that with the Qigong movements, with the visualizations and meditations, with breathing, and so many other ways.

But since Qigong acknowledges that everything is energy – not just our emotions, our thoughts, and the cells of our body, but things like our homes and what is in them, the trees and buildings around us, and even the weather, – it is most helpful for our health and healing that we realize, when we work with energy, it’s not just the energy of the body.

Our environment affects us, and we affect our environment. We are in the universe, and the universe is in us.

As Master Lin says in his Five Element Qigong Healing Movements course, “You are a citizen of this planet, so you are always connected with Mother Earth.”

That means this body of yours comes from the earth, lives on the earth, and is sustained by the living earth – just like everyone and everything else around you. Not only that, but the earth and its energy represent perfect balance and harmony. That

means if we can connect with the earth’s energy, if we can connect with the essence of its energy in ourselves, we can tap into a limitless source of healing.

Connecting with the earth’s energy not only helps to build and ground your own energy, but helps to bring your body back into perfect balance and harmony.

Have you ever thought about that?

Some of us may have forgotten just how important that connection is. Some of us may never even have known what it means to be connected to the earth.

When we feel connected to the earth, we say we feel grounded. Even the world for that feeling reflects a connection to the earth – to the ground. But – what does it mean to feel grounded?

To feel grounded is to feel at ease and supported. It is to feel in control of our thoughts and emotions. It is to feel a sense of belonging, to feel stable in the face of outside influences. It is peace.

Feeling grounded may not be the most familiar feeling for everyone. Some people have felt ungrounded for so long – so anxious, so insecure, so worried – that those emotions feel more familiar to them.



//
FEELING
GROUNDED IS
FEELING PEACE.

Do you feel that way?

How can you come back to peace, back to a feeling of groundedness?

As simple as it sounds, the first step is to become aware of your anxiety, aware of your feeling of insecurity, aware that you don't feel grounded.

Have you ever been talking with someone who's so worked up, so angry about something, and then you ask them, "Well, what are you yelling at me for?" And then they yell at you, "I'm not yelling!"

They're not even aware that they're that angry. So many people are not even aware of how they feel.

The first step to moving from ungroundedness to groundedness is awareness.

And – really – so much of Qigong is about awareness and using awareness to transform energy, so this is the heart of the matter. If you simply find you "don't feel right," take a moment to sit and close your eyes. Drop your shoulders. Put a smile on your face. Take three slow, gentle, deep breaths. Then, ask yourself in your mind, "How do I feel right now? What is out of balance right now?" Then, listen.

Listen to your body – do you feel aches or pains



“
Our environment
affects us, and
we affect our
environment. We are
in the universe, and
the universe is in us.
”

anywhere? Or, pleasant tingling and warmth? Do you feel any emotions? Do you feel angry or sad or worried or afraid? You can simply observe without judging. Do you hear any thoughts in response to your question? Like, "I'm feeling so worried about my job right now. I'm so anxious about my grandson."

This is all it takes – this is awareness.

And you know what? Sometimes just taking a few minutes just to become aware of what is going on in you is enough to help you feel better. It's just

like being heard.

Have you ever had something, some very big problem, that you had to get off your chest? And you didn't have any answer for how to solve that problem? But then you talked to your best friend and they listened to you with so much love that, for some reason, without their giving you any answers, you felt better already? That is just like the power of awareness.

Of course, with Qigong we do even more than just being aware, but that's a good start.

If you want to do some Qigong, then one simple thing you can do once you become aware of all the worries and thoughts and aches and pains is, when you take a gentle breath in, see light come



in through every pore of your skin, run between all your cells, and gather in a bright ball deep behind your navel. When you breathe out, see all your aches, pains, worries, and thoughts leave your body as beautiful butterflies, floating away to the ends of the universe. After just a few minutes you may be surprised to find how peaceful you feel!

You can also connect with the energy of the earth, with the feeling of groundedness... by actually connecting your body with the earth. Make time to put your hands and feet on and in the earth. Walk in the grass. Do some gardening. Sit outside. Take time to breathe in the smells of soil and plants, to feel the peace all around you – in your yard, in a park, or even around the neighborhood. Earth energy is everywhere, so go outside and enjoy it!

If you think about it, the food we eat is also a form of the earth's energy, and, as far as "medicine" goes, one of the most important things we can take for our health is good food. There are two easy, powerful ways to connect with the earth's energy and balance our own energy for health and healing.

One is to eat more locally-grown foods. The land has its own energy. The things that grow from it reflect that energy and are in harmony with it. When we eat those things, it helps to keep us in harmony with the energy of the land around us.

The other is to eat more yellow things. Yellow

is the color for the stomach and pancreas energy system, which is the Earth element in your body. This might include things like yellow peppers and squash, sweet potatoes, or even fruits that are more sweet. Of course, the best thing for staying healthy is always to eat a balance of all the flavors and all the colors and a variety of foods.

And... maybe most important of all, you can make time to do your Qigong healing movements every day. Master Lin recommends the Five Element Qigong Healing Movements to almost all of his clients. Not only does it have a movement specifically to balance the Earth energy in your body ("Connecting with Heaven and Earth"), but if you practice all five movements, you can balance all the elements and all the energies in your body. From that will come not just peace and groundedness, not just health and balance, but all the other feelings we treasure most – joy, happiness, contentment, and gratitude.

If you can feel all those things, how can you ever feel lost? How can you ever feel insecure? How can you ever feel like you're not connected to the world around you or the unconditional love of the universe? 氣

DOES DISTANCE HEALING REALLY WORK?



Some questions we hear time and time again.

One “perennial favorite” is... does distance Qigong healing really work?

When the whole world began to shut down not too long ago over concerns about a certain pandemic – you know the one – this question took on a new life and a new flavor.

Suddenly, people couldn’t go outside.

They couldn’t come to Master Lin’s healing center.

They couldn’t go to their Spring Forest Qigong practice groups or visit friends or family who normally did Qi~ssage or Qigong healing for them.

At the same time, they found themselves feeling more in need of healing than ever.

What to do?

Of course, there was always the Qigong they could do for themselves – the healing meditations, the Qigong movements, the healing techniques in Head to Toe Healing.

But sometimes, in the moment, what you really need is some help – some extra help, some outside help. A healer’s help.

So, again the question came up – and we heard

it a lot in calls and emails to the healing center: does distance Qigong healing really work? Even some long-time clients who had always come in for in-person visits were asking – they didn’t quite believe it, and didn’t know if they should try it.

Well – we’ll put it to you like this.

For years now, more than half of the clients Master Lin has helped to heal have been distance-healing clients. They call him, and he does healing for them over the phone. These days, it’s pretty much all his clients, and you know what? He always has clients! And not just him – same thing with his healers, Master Jaci, Master Gadu, and Certified Instructor Rong Li.

Yes, distance Qigong healing works. In fact – this may surprise you – it can actually be more powerful than in-person Qigong healing!

Maybe it won’t surprise you if you’ve already experienced it for yourself, or if you’re one of our advanced Qigong students.

If you are surprised and if you are wondering if this kind of healing really works, just consider this.

There are many, many forms of Qigong. Thousands, even. Some are more simple, some are more complex; some focus more on one thing, some more on other things. Spring Forest Qigong

is a very simple but very powerful, very advanced form of Qigong. Its focus is healing.

How does it work?

Simple. Everything in the universe is energy in one form or another. Air and light, trees and rocks, animals and humans. Energy cannot be created or destroyed, but it can be transformed – in fact, that's what it's already doing all the time.

Qigong says, everyone's body has a network of energy channels running through it. When the channels are open and lots of energy is flowing freely through them, the body works wonderfully: you are healthy, happy, and peaceful. When the channels get blocked (say, through stress and emotions, poor nutrition, injuries, and so on), energy cannot flow freely and begins to become imbalanced – too much here, too little there. In

(or believing) the idea of “energy” and how it relates to their health and healing, usually it's easy for them to make the connection between something they do with (and within) their own body and mind and the positive results they see.

Like, “Hm. You know, I'm still not sure I'm feeling any 'energy,' but I have to say, I've been sitting to do the Small Universe meditation every day for three weeks now, and for some reason, I don't seem to be so anxious anymore.”

That's just one example.

But it can be a bigger “leap” to grasp (or believe) that someone, say, three thousand miles away who you never met can find and feel the energy blockages in your body, clear them, send you powerful energy, and help you to balance your own energy and heal faster... but they can! Our healers



time, this shows up in the body, as what we call “sickness” or “disease.”

What all of the Spring Forest Qigong movements, meditations, and techniques you practice come down to is... opening channels and balancing energy. This helps the energy to transform in ways that help your healing. That's it!

It's very simple, and most people who try this Qigong see positive results very quickly. Although sometimes people have a hard time at first grasping

do it every day.

And, as we said before – doing healing that way (rather than in person) can be even more powerful.

This is deep stuff, and it's a gigantic subject, but just consider this.

Just like everything in the universe is a form of energy, everything in the universe is connected – like one big body. And just like one cell in your body has all the genetic information for everything else in your body, anything and everything in the universe

has all the information of the entire universe within it.

So – can you see what that means?

In you, you have the information about everything in the universe – including what is going on in the body of the person you want to help heal!

Even in the most basic Qigong we teach – Level One for Health or the Five Element Qigong Healing Movements, – you learn to merge yourself with the universe to heal, and you learn to notice energy moving in your body. Later, in Level Three, you build on that by merging more deeply with the universe in order to find out how the energy is moving in someone else's body, no matter where they are.

Distance is never a factor with Spring Forest Qigong healing.

And why can distance Qigong healing be more powerful?

It cuts through the “noise” or the “static.”

Qigong healing is what we call signal healing or message healing.

The body in need of healing is giving off signals. The healer sending energy is directing healing messages. Whether detecting the signals in someone else or sending healing messages, the healer works best when he or she is focused and quiet inside. When receiving healing energy, it is best to be deeply relaxed and still. In either case, it is much easier to “tune in” without all the extra signals and information that come with sitting face-to-face with someone. You can go right to the heart of things.

This may still sound kind of... obscure.

Maybe you're still not convinced.

Talk is cheap, and that goes double for something like Qigong, so we have two suggestions for you.

One – are you one of our paid members? That would mean you have the Heart Wisdom, Deep Transformation, or Divine Connection membership. If so, go into your account on our website and look up a Qi~Talk from September 2019. (It's under your



“Library.”) If not, try a month of the Heart Wisdom membership – it's just \$20.

But in that Qi~talk, Master Lin talks about just this subject! In fact, he guides you through how to detect energy blockages in someone from a distance. There were people in the audience for that talk who never did any Qigong before who were still able to correctly identify energy blockages that way!

Just watch it and try it – you'll see for yourself. Then think, if you can do that, imagine what an experienced healer can do!

Two – give us a call at Master Lin's healing center. Our number is 1-952-593-5555. Set up a healing and consultation with Jaci, Gadu, or Rong. If you need healing help and want to experience distance healing energy first-hand, you can hardly find a better way. They have helped countless people this way, and will even give you a healing plan to follow afterwards.

So... don't sit there wondering, and don't just take our word for it – find out for yourself if distance healing really works! 氣



ASK MASTER LIN

Q How do you recommend to process negative emotions like anger, sadness, fear, etc.?

MASTER LIN: How do we process these negative emotions? At the very beginning, I didn't know how to do it myself. When I got mad, I really got mad. That madness last for days. It ended up hurting my organs. It depleted my energy. Until I started my Qigong practice and studying Buddha's teaching, then I recognized that kind of energy which I associated with was not the energy in my life I want to associate forever. In another word, what is my life purpose? What is the priority of my life? If my purpose of living on this planet is for joy, for happiness, then I am going to experience joy and happiness. I only have time to experience joy and happiness. So, with this mindset, on purpose I bring my focus back from anger, from fear. When I train myself more and more often like that, automatically I don't have a concern of anger and fear anymore. If I notice I am having that moment with emotions of anger and frustration or fears, I will talk to myself, "I recognize you. I appreciate you. Thank you! But my life purpose is not for you. So, you can go now." I will focus back to what is the most important thing in my life at this moment now. When I do so, I feel so much peace in my heart. When I meditate and open my heart more, I just

observe the anger comes and goes. I recognize my anger. I appreciate it. And then I let it go. I focus back to what I am supposed to do at this moment. Focus on something more meaningful in my life. Then compassion is going to be awoken within. This is how I do it.

Q When you call upon your master's energy, does he know?

MASTER LIN: A lot of people ask me this question. You are not the only one. Yes or no. Most of the time, your master does not know who you are, who would call his or her energy to support. When you call upon your master's energy, you call upon the information of the power of your master's, the purity of the healing power from your master. You download that energy to help you to heal. Your master's energy is the collective consciousness, Qi which vibration is many times higher than yours. When you call upon your master's energy, you actually connect your energy to the higher vibration of the universe. That is the power you connect to. Sometimes, the master does know who is calling if this person has very close relationship with the master.

Q Since we need to put energy into our lower dantian after our meditation, does that mean when we travel

to different places, when we do our day dream, do we need to put energy into our lower dantian so we don't lose our energy?

MASTER LIN: Absolutely. When you have a day dream, when you focus doing something so intensively involved with your mind and your physical body, at the end, if you remember, bring your energy back to your lower dantian. See the light in your lower dantian as an energy ball. Spinning, spinning, spinning. You change it into an energy pill. Tuck it deep into your navel. This is always the best. You can fill up your energy again, and protect your energy.



The Healers at the Spring Forest Qigong Healing Center



For two and a half years, we have been featuring many of our most exemplary Certified Spring Forest Qigong Practice Group Leaders. They stand apart as love-radiators and devoted teachers, even among an exceptional community of Qigong healers sharing their wisdom and radiating their unconditional love in service of others.

But in all that time, we never thought to introduce you to our most extraordinary teachers. And it is a testament to their humility and to their simple dedication to helping, to healing, and to teaching that they never said anything, and we just... took their presence for granted!

All of them work side-by-side with Master Chunyi Lin at his healing center in Minnesota. He personally chose all three of them to work

alongside him, healing and teaching. And not only does he continue to teach and mentor them, but they all have years of experience leading Qigong classes and practice groups, and even doing healing at intensive meditation and healing retreats.

Since more and more people are getting to know them during our live Qigong practice on Facebook (and through the many other events they host), we thought it's time you met the "Healing Center Dream Team," Master Jaci Gran, Master Gadu Schmitz, and Certified Instructor Rong Li.

You can always read their biographies here, if you like:

[Spring Forest Qigong Healing Center](http://www.SpringForestQigong.com)

The Healers at the Spring Forest Qigong Healing Center

That is a link to our Qigong telephone healing page (they all do Qigong healing by phone, as well as in person). If you scroll to the bottom, you can read all about each of them, and even watch their Qi~Talks.

But we want to give you a different take on each of them, a more personal take – not only because you can always look at that link we shared, but

different light and she shines with a new brilliance. How many sides can one person have? Like Guan Yin with 10,000 hands of mercy, Jaci has 10,000 facets to fascinate, awakening wonder in those who know her. Profoundly intuitive, quirky, a store-house of Qigong knowledge, and a gifted animal healer, she radiates a deep love. No wonder everyone wants healing from her!



because maybe you are thinking about taking one of their classes, or joining the Healing Circle, or even having a healing session with one of them. Maybe you are wondering, “Well, OK, I see their stories, but what are they like?”

This will definitely embarrass them, but we know it will help you to know them, so – it’s for a good cause!

Jaci... and even though she is a true Master, even though she has been working with Master Lin the longest, she would never ask you to call her a “Master”! Jaci is like a many-faceted jewel. Just when you think you know her, you see her in a

Gadu... what a joy! There’s a face the camera loves. And why shouldn’t it? He emanates a warmth that fills the room, that almost tickles you to giddiness. Why am I laughing? Oh, that’s Gadu. It must be his experience as a dancer; as a teacher, deeply grounded, simple, and yet almost mesmerizing, he is able to connect with his students heart-to-heart. As a healer, he makes you feel like what you have to say is the most important thing in the world. His unique balance of qualities – groundedness and silliness, intelligence and sensitivity, and his intense dedication to studying, practicing, teaching, and sharing Spring Forest Qigong make him one of our most sought-after

The Healers at the Spring Forest Qigong Healing Center

teachers, coaches, and healers.

And Rong? Like one of the participants in her recent Facebook Live Qigong practice sessions said, “What a delight!” She’s like a hummingbird – small, beautiful, magical, bringing nothing but joy wherever she goes. And... she probably loves flowers even more than a hummingbird! That, and her more than a decade of Spring Forest Qigong experience, makes Rong’s healing presence a special one. Whether she’s teaching, leading a practice group, or doing private healing, Rong’s sweet, innocent, gentle energy has a way of disarming you, relaxing you, and opening your heart almost without your knowing it. She is so easy to talk to! And in that energy, Rong is able to do some really amazing things.

Anyway...

That’s our love-letter to our Healing Center’s Masters and Healers. We hope you know them a little better now, and we hope you get to take a class or have a healing session with them! It will change your life. 氣



FEATURE YOUR PRACTICE GROUP!

Are you a SFQ Certified Professional? Tell us about your Practice Group for our Qi~Full Living Magazine. This a great opportunity for you to share your Practice Group stories with us so that more people in our SFQ Community know about you! If it is used in the magazine, you will receive a Free Private Phone Healing with one of our SFQ Center Healers! Upload your article at: <https://www.springforestqigong.com/featured-cpgl-submission-form>

INSPIRATION FROM MASTER LIN

“ One tree does not make a forest. A forest is made with many, many trees. This is how I see Spring Forest Qigong.

HEALING STORIES

This is How Spring Forest Qigong Change Lives.

Master Chunyi, Lin,

A dear friend of mine was experiencing piercing back pain. Only a hairline space existed between her L4 and L5 vertebrae and there was a very slight separation between her sacrum and sacroiliac joint. Within a 10-day period I shared Spring Forest Qigong healing with her 8 times and she received 2 chiropractic treatments. She gained more mobility with each treatment and she is now pain free. She is thrilled by the results she felt from qigong. I was too, especially since this was my first healing experience!

Valerie H.

Dear Master Lin,

In spite of all the medical challenges I have been feeling extremely well overall, with only occasional days of fatigue/malaise. My energy is strong and vibrant, I feel happy, joyful and grateful most of the time and people say I look great. The emotional healings from trauma I had stored in my body from the sudden and tragic loss of my late

husband 14 years ago through Qigong and dreams have been incredible. I get anxious when it is time for tests to see more dramatic medical evidence of healing, so I still have some work to do on Trusting the Universe and my own healing process.

Thank you for being part such an important part of my Healing Journey.

Love and Blessings,
Deborah S.

Dearest Master Gadu,

Thank you so very much for tonight's meditation. (Deep Transformatin)
I appreciate you and Love you. As always, your chanting is soothing to the heart and soul. Although we have yet to meet in the physical. I hold you near to my heart. And, so very grateful to be in your fold.

Much Love, gratitude and many, many blessings to you always,

Hannah R. Santa Monica,
California

Share Your Story and Inspire Your Community!

Do you practice Spring Forest Qigong? Do you have an exciting Spring Forest Qigong healing story to share?

Is your story about your own healing or one you've facilitated? Maybe even more than one? If you have verifying data such as x-rays, medical or lab reports, medical diagnoses, etc., please submit it with your healing story.

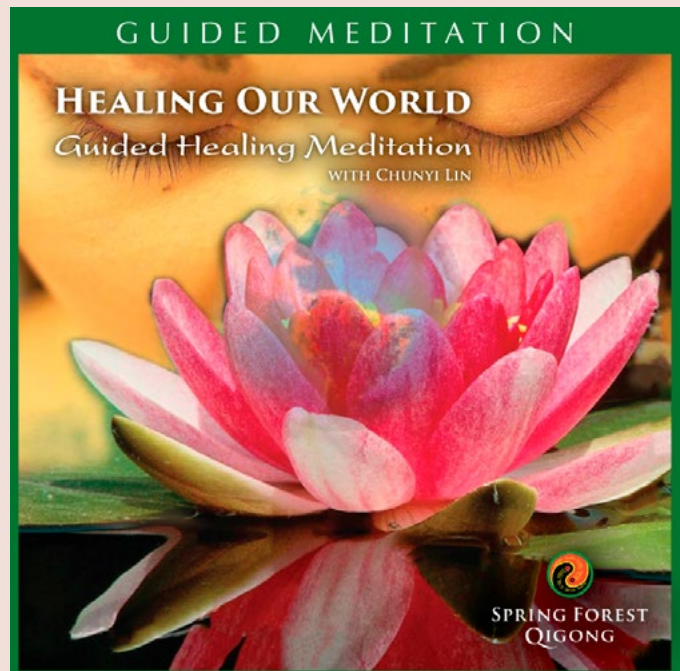
We will select the most touching stories and they might show up on our new website, in an upcoming blog . . . or, who knows, it might even end up in Master Chunyi Lin's new book!

Please go to this link to submit your healing story:
<https://www.springforestqigong.com/share-your-story>

HEALING OUR WORLD

A Guided Qigong Meditation
by Master Chunyi Lin

LEARN MORE



Our world needs healing now. Please join me in this Healing Our World meditation as often as you can, and please share it with everyone you know. Through the power of love we can heal ourselves and our world.

-- Chunyi Lin

FREE QIGONG HEALING FOR CHILDREN

For decades, Master Lin and his healing staff have worked closely with children and their families, helping to restore their hope for a brighter future. So, they know how many families are searching for anything that will help to heal their children. They also understand that these same families might also be unable to afford the best alternative and complementary treatment they seek.

Qualifications

- Age 15 or younger
- Past medical diagnosis of cancer or autism
- Must be available for either in-person or phone Qigong healing sessions

LEARN MORE





HEALING CONNECTION

with Master Chunyi Lin

IS THIS THING ON?!
(OR, HOW DO I KNOW MY QIGONG
IS WORKING?)

So many people come to Spring Forest Qigong for healing. Many of them have very serious, sometimes critical, health challenges. And even among those who have read the testimonials, who already believe in this kind of healing, or who might even personally know someone who has an extraordinary healing story, one concern comes up again and again. It usually sounds like this: "How do I know this is working?" Alternatives include, "I don't feel anything" and "Qigong doesn't work for me." It's almost funny, because almost everyone goes through this (even Masters).

To help those who are unsure about their Qigong practice, those who are helping others with their healing, or those who might just be curious what landmarks they might expect on their Qigong journey, in this month's Healing Connection, Master Lin will be pointing out some of the key things to look for to reassure you that, Yes, Your Qigong Is Working!

July 7 - Changes in the Physical

July 14 - Changes in the Mental and Emotional

July 21 - Changes in your Purpose and Perspective

July 28 - Changes in the World around You

Join the only community call where Qigong Master Chunyi Lin personally imparts his invaluable wisdom, guides you into a powerful meditation, and answers your deepest questions.

Once a week (4 times a month), the hour-long Healing Connection will reach into your life providing enrichment, healing energy, and knowledge for everyday use.

Participants regularly call this program "LIFE CHANGING".



SPRING FOREST
QIGONG

MEMBERSHIPS



FREE



\$20/MONTH



\$64/MONTH



\$149/MONTH



Live Sessions with Master Jaci Gran and Master Gadu Schmitz
 Remove Energy Blockages, Feel Cleansed, Energized, and Joyful
 July 6 & 20 – Master Jaci
 July 13 & 27 – Master Gadu



with Master Glenn Tobey and Advanced Qigong Practitioners
 July 30 – Master Han Lee
 Streaming Live Talk



Live Distance Healing Access by Phone or Internet
 July 19 at 10:00 AM U.S. CENTRAL TIME



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FREE



\$20/MONTH



\$64/MONTH



\$149/MONTH

RECIPE OF THE MONTH

Garlic Eggplant Stir Fry

BENEFITS:

Helps with high blood pressure, swelling, infection, and purifying blood

Serves: 4

INGREDIENTS:

2 medium- small Asian eggplants – each cut lengthwise so there are 4 pieces- score each piece, not cutting through all the way

1/2 box of firm tofu- cut into medium size cubes

1 cup mung beans

3 carrots chopped

1 tablespoon ginger (chopped)

6 cloves garlic (chopped)

2 tablespoons soy sauce

3 green onions (chopped)

Salt to taste

1 tablespoon coconut oil

1 teaspoon olive oil

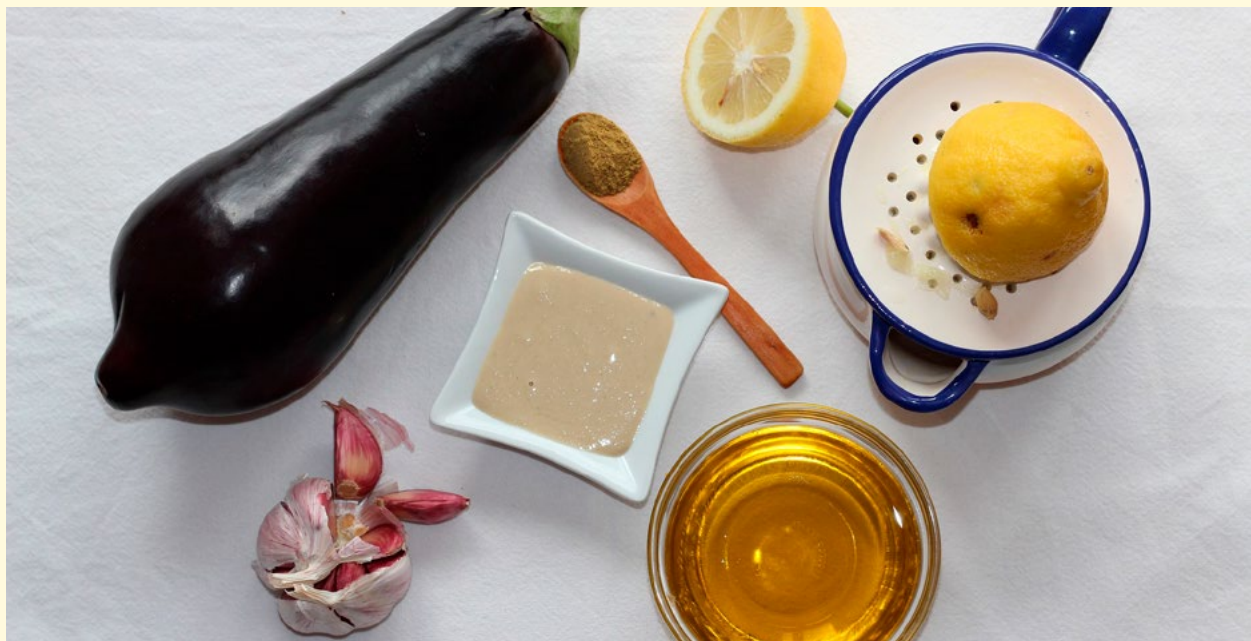
tablespoon cornstarch with a little water

1 cup of either chicken broth or mushroom broth for vegetarians

PREPARATION:

1. Warm up stir-fry pan and add coconut oil for one minute
2. Stir in chopped garlic and ginger for 30 seconds. Add eggplant pieces
3. Cook the above for up to 10 minutes
4. Add tofu, mung beans, carrots and soy sauce along with broth and cook for 5-10 minutes
5. Keep 1/2 cup of water on hand in case it gets dry and add if necessary
6. Open cover, put cornstarch mixture into pan and stir
7. Add the olive oil
8. Salt to taste
9. Add the chopped green onions last
10. It is ready to serve

Enjoy!



UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU OR ONLINE
WITH A SFQ CERTIFIED TEACHER

LEVEL 1 | JULY 7 | 4 TUESDAYS



LORRIE FORMELLA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | JULY 8 | 4 WEDNESDAYS



MASTER MUNIRA JIWA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | JULY 10-12 | 3 SESSIONS



MASTE JACI GRAN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | JULY 14 | 3 TUESDAYS



DR. NISHA MITTAL



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 2 | JULY 17 | 5 FRIDAYS



DR. NISHA MITTAL



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 3 | JULY 19 | 5 SUNDAYS



DR. NISHA MITTAL



LEVEL 3 QIGONG FOR ADVANCED
HEALING
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU OR ONLINE
WITH A SFQ CERTIFIED TEACHER

LEVEL 2 | JULY 24 | 4 SESSIONS



MASTER GADU SCHMITZ



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 2 | JULY 25 | 2 SESSIONS

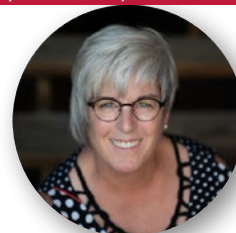


ANN MINOFF



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | JULY 27 | 4 SESSIONS



PAT SHEVELAND



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | AUGUST 6 | 4 THURSDAYS



RONG LI



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | AUGUST 7 | 3 SESSIONS



MASTER GADU SCHMITZ



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 2 | AUGUST 11 | 4 TUESDAYS



SUE CRITES



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU
WITH A SFQ CERTIFIED TEACHER

LEVEL 2 | AUGUST 14 | 4 SESSIONS



MASTER MUNIRA JIWA



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 2 | AUGUST 21 | 4 SESSIONS



MASTER JACI GRAN



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

FOR TRAINING CLASSES BEYOND AUGUST

COMMUNITY EVENTS

UPCOMING LIVE OR ONLINE QIGONG COMMUNITY EVENTS



MASTER
KATRINA TOBEY

JULY 11
9AM US CENTRAL TIME

LIVE STREAMING:
SFQ WEBSITE
FACEBOOK
YOUTUBE

NEW
LIVE VIDEO
STREAM



MASTER
JACI GRAN

JULY 19
GLOBAL PHONE HEALING

ONLINE OR BY PHONE



MASTER
GADU SCHMITZ

AUGUST 1
9AM US CENTRAL TIME:

LIVE STREAMING:
SFQ WEBSITE
FACEBOOK
YOUTUBE

NEW
LIVE VIDEO
STREAM



MASTER
JACI GRAN

AUGUST 16

GLOBAL PHONE HEALING

ONLINE OR BY PHONE