

QI~FUL LIVING

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG
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OCTOBER 2020

GLOBAL PHONE HEALING

A Direct Connection with an
Expert Qigong Healer

“QI” BURGER IN
PARADISE

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A Direct Connection with an Expert Qigong Healer

Distance is never a factor when it comes to Qigong Healing because energy is not limited by time or space; the energy is the same whether you receive it in-person or at a distance, because distance isn't a factor when it comes to energy.

We know that everything in the Universe is energy, in one form or another, and we know that this energy is all connected, just like a huge web of energy, connecting everything in the Universe together as one.

So, what if there was a way to access this energy web to send healing messages to those in need of healing?

Qigong healing is what we call signal healing or message healing (also called Quantum Healing)

A body in need of healing gives off certain

signals or messages, if you know where to look (detection from a distance is taught in level 3).

The first step is to detect the location of where these signals or messages are coming from in the body. Once our healers have detected where the flow of energy is blocked, our healers are then able to send healing energy into those areas to open the flow of energy in the body.

Just as one cell in your body has all the genetic information for everything else in your body, anything and everything in the Universe also holds the information of the entire Universe within it. This means that within us, we hold the information of the entire Universe, so when it comes to healing another person from a distance, we are able to detect energy blockages in the yin body of a person, that is in need of healing. 氣



FREE TO JOIN



Terry Leers

Certified Spring Forest Qigong
Trainer & Practice Group Leader

I have been practicing SFQ for the last 7 years. I am a CPGL and Level One Instructor. My writing was born out of my plan to go on an extended solo retreat and focus on ap-plying Master Lin's teaching and practic-es. My retreat was planned and executed before the Pandemic. I did my retreat on a small deserted island in December and wrote the article in early January. I de-layed submission because I felt the time was wrong. Now I believe it has value and can be validated by people's own experiences during lockdown. I also submitted this topic as a candidate break out session for the, now, canceled, Master of Qi - 2020 conference. The Title of the article shows that I like to have fun and that Qigong should be fun!

“QI” Burger in Paradise

If you're anything like me, you've worked hard to be a Spring Forest Qigong practitioner not only for yourself, but for your family, students, and communities. And I'm sure you absolutely love being a "Love Radiator!" There's no denying the joy of knowing you're working according to your life's purpose and knowing you are tapping into the infinite, unlimited, and unconditional supply of love in the universe. Yet, like the often-used kitchen knife that needs to be sharpened or the family car that needs to be regularly taken for a tune-up, Love Radiators can also benefit from the occasional "tune-up!"

Until recently, as a Certified Practice Group Leader, I had my two weekly practice groups and two bi-weekly practice groups. I even managed to add in a weekly after-school Yoga and Mindfulness program for 6-8-year-olds.

All good stuff, for sure, for this Love Radiator! Yet one day, I sensed I needed to take a time-out to retreat, refocus, regroup, recharge, and seek a little solitude and much-needed rejuvenation. So, I decided to take a page out of Master Lin's playbook, Born a Healer, where he recounts his extended time of fasting and meditating in solitude in a cave. I was also inspired by other awakened Masters (such as Jesus, Mohammad, Eckhart Tolle, and Buddha) who had similarly spent time away from society as a way to deepen their spiritual practice. I imagined that this would be my time to get clear about my "Being" so I could be clear about my "Doing."

My primary objective would be to purposely and temporarily disconnect from the day-to-day busyness so I could deepen my connection to the Emptiness and thus improve my "Dial Tone" with the Oneness, thereby removing some of the static on the line, if you will.

In my perfect world, everyone would have all the time in the world to dedicate to practicing SFQ to deepen their spiritual growth and become the healers that they were born to be. But what if we only had a weekend, or a week, just to dedicate 100% to our

“QI” Burger in Paradise

spiritual growth? Imagine – what would you do?

That’s exactly what I wondered, too. What would it look like for me to really get away and practice SFQ for 10-12 hours a day, including fasting, active exercises, chants, and various meditations – in complete solitude, for ten days?

Luckily, I had a place in mind.

My dream destination was a small, remote island in the Caribbean named Sandy Cay Utila, forty miles off the mainland of Honduras. After seeing pictures of this 1½-acre idyllic island shaded by palm trees, appearing to float softly above crystal-clear waters, and surrounded by the second largest coral reef in the world, I made my reservations. I could easily imagine ten days of total bliss practicing active exercises on the white sandy shores at sunrise and having walking meditations around the island. Who knows? – maybe I would even experience an occasional adventure, like Tom Hanks in the 2000 movie *Castaway*.

After making travel arrangements and packing extremely light, I also made sure to include my favorite meditations, such as Master Lin’s Head to Heart meditations.

When the day came to leave for my retreat, I flew to the nearby island of Roatan and spent three days getting acclimated. Meanwhile, a fierce

tropical storm hit the islands, halting all air and sea traffic and thus preventing me from getting to my island as planned. Eventually, I was shuttled in an 18-foot outboard motorboat in extremely choppy seas to my remote island refuge.


Once on the island, the reality of my complete solitude and deliberately severed connection to society set in. My only lifeline to the outside world 25 miles away was my cell phone, which occasionally got a signal before the SIM card expired. The only other signs of life on my island were a lone chicken, three large iguanas, and flocks of tropical birds. Thankfully, I wasn’t totally alone.

My typical day was morning meditations, the Six Word Chant, Five Elements active exercises, personal prayers to my Masters, journaling, and strict fasting. I definitely included barefoot walking meditations on the sandy shoreline around the island, which took only thirty minutes to complete.

My favorite pastime was sitting quietly on the sandy shores, watching in silence and meditating on the healing energy of the glorious sunsets and the endless ocean. Silently saying the password, “I am in the universe. The universe is in me. The universe and I are one” evolved into a constant mantra for all my daily activities. How could it be more perfect, I thought, as my sense of separateness and smallness rapidly disappeared.



“QI” Burger in Paradise



Having just come from a world of schedules, commitments, and agendas, entering this timeless island and “feeling it,” as Master Lin says, became pretty easy.

There were many times where I was being healed as blockages made their invisible and silent migration from my body to the ends of the universe. Watching the stars and planets from such a remote place underscored the profound reality of the password once again. It was a powerful and memorable experience filled with moments of presence and love. I soon renamed my island “Love Island.”

In retrospect, I am extremely grateful for the time I had to reflect, meditate, and just be in such a beautiful place surrounded by the healing power of saltwater, soft winds, vast, open blue skies, and endless horizons of this beautiful universe. I anticipated that I would have some insights and takeaways from my experience, so I took note to record them and review them frequently once I returned home. Some of those learnings were obvious, and some were new. Not only were they good reminders for my next retreat, but they are valuable for everyday living back home.

I realized that it’s important to have a routine, but it’s also important not to at times. Going with the flow and trusting intuition was important – to give myself grace to just be and flow in the moment. It was a perfect time to ask questions of the universe and receive answers!

My biggest surprise was that fasting for nine days was not a problem and came much easier than I thought. It even changed my eating habits after re-entry.

I discovered how much joy and fun it was to just play and be like a little kid again, without a care in the world. I am grateful that I was blessed with every day being a beach day.

Just like any “healing” activity, my healing continued after my return and things that were once mysteries become revealed as blockages that continue to “turn in butterflies and fly to the ends of the universe.”

I discovered re-entry can be harsh. Leaving my island sanctuary and re-entering into society (even a small nearby island), was jolting – the people, the sudden bombardment of my senses with blasting television, traffic noise, crowds, and so on. I felt like an astronaut returning from months in space; I needed time to adjust to the “gravitational pull” of life back on Earth.

My concern of losing the momentum of such an experience quickly became a non-issue. Upon my return home, I quickly noticed I had little resistance to finding more time to incorporate many of my retreat practices in daily life.

You definitely don’t have to go to extremes like I did to retreat to your own island and benefit from the many wonderful practices and teachings of Master Lin. Anyone can create their own daily mini-retreats simply by adding any of the short and powerful Head to Heart meditations into their daily practice, playing the Six Word Chant in the background as they go about their day, or by using Energy Breathing periodically to receive healing benefits.

Remember: it’s all about “Good, Better, Best” when you’re living your life as a Love Radiator! 氣



ASK MASTER LIN

Q What is the purpose and effect of visualizing yourself standing behind yourself when sending healing or meditating?

MASTER LIN: The purpose is to train yourself to step away from your attachment of you between the spirit and the physical body. A lot of time when we live our life, we have a lot of concerns about my body. What I eat, what I put on my body as clothes, what kind of protection I need, what kind of insurance I have, or car. Well, these are necessary things you need to do everyday. I am not talking about you should not do it. Absolutely you have to do this. You have to know what kind of food you are going to put into your mouth. What kind of clothes and how much of the clothes you need to put on you to protect yourself from the cold. In a situation what kind of action you need to take to protect yourself, your family, and your friends, etc. But everyday when we involve too much in these areas, we close up ourselves. We close up our inner connection between you and the divine. And your mind is not in peace anymore.

Your spirit, your mind, and your body got separated. Now in your higher Qigong practice which we do in Level 4, Level 5, if you always get buried in these concerns and worries, you disconnect yourself away from the divine. Your spirit, mind, and your body get separated. And you are not nearly as powerful as you should be. This training is to help you to step away from your body through your visualization. You come to a pure consciousness. You come to a creator level to watch you what you are doing. Gradually you can see a much bigger picture of yourself living on this planet. And your Qi can flow much better. When your life is in need, the right information from the universe can easily get through you to guide you in the right direction. When you do healing on others, if you visualize you are standing behind you watching you to work on others, this is another awesome thing. You will have no worry whether you are going to succeed or not, you are going to fail or not, you are going to bring happiness joy to others or not. You have no concern about this anymore. You simply just connect yourself to the divine. you allow yourself to become a channel of the universal Qi, wisdom, consciousness working together with the consciousness, the intelligence of you, waking up the intelligence in your client's body. All these things got activated, got connected, that

is the moment healing takes place even faster.

Q I notice when people can meditate in Lotus position the posture, the back is quite strong. For those who meditate sitting in a chair, there is a tendency to sit up straight, but also to rest the back against the support of the chair. Will that be a better meditation or more beneficial if the person sitting in a chair, get their spine strong, straight without using the chair back to support? It is certainly easier to rest against the chair support, but maybe not that good for meditating? Thank you for your guidance for this matter.

MASTER LIN: Yes, it's true. You sit up with a lotus sitting, then your back will get stronger. But you know what? Your back is strong because your kidney energy is strong. If your kidney energy strong, you can keep your spine straight better. That's why dolphing the spine is very important. Of course you can sit in the chair without using the back support. That's great. Once in a while, you do so. That's understandable. Of course, the best is you don't use the support. Take time. One step at a time to get you there doing it without the chair support.

An Extraordinary Healing Experience with an Extraordinary Qigong Master



Who is this retreat for?

As Master Lin's private healing appointments are highly sought after and it is difficult to get on his private healing schedule! Master Lin is making this 3-day online retreat available for those who are seeking healing energy from him.

He also shares insightful wisdom on how to heal their chronic health challenges, on a deeper, more complete level, and also for those that are looking to gain a deeper understanding of themselves.

MASTER LIN'S FIRST ONLINE HEALING RETREAT

Experience the extraordinary healing energy from Master Chunyi Lin, as he hands you the key to unlock your body's own healing wisdom, during this 3-Day Intensive Healing Retreat.

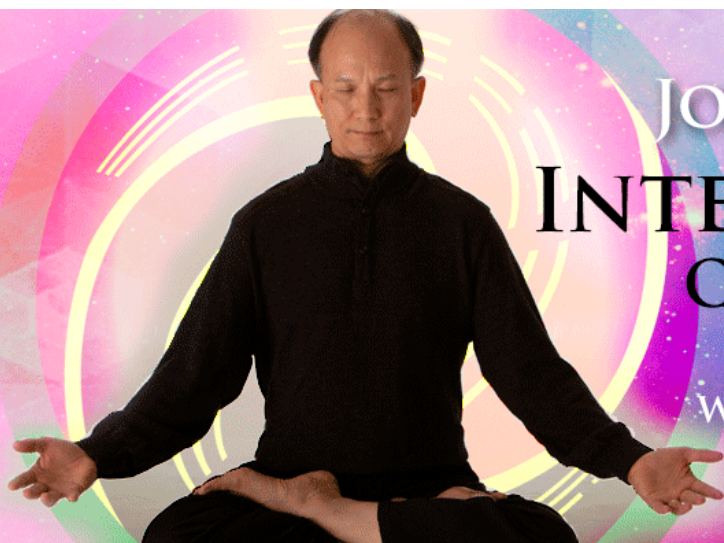
When we say "Intensive" we mean it. During these 3 days, you can expect to have your body's Qi replenished and revitalized as Master Chunyi Lin, works to restore and balance your body's Qi by removing energetic blockages.

LEARN MORE AND SIGN UP



JOIN 3-DAY ONLINE INTENSIVE HEALING QIGONG RETREAT

WITH MASTER CHUNYI LIN



HEALING CIRCLE

Live Practice Session Qigong Every Day

WITH A SPRING FOREST QIGONG TEACHER

SIMPLE SUBSCRIPTION \$69/mo

Powerful Healing

MONDAY

8:00 AM

Qigong Every Day

TUESDAY

8:00 AM

Qigong Every Day

12:00 PM

Healing Circle

WEDNESDAY

8:00 AM

Qigong Every Day

THURSDAY

8:00 AM

Qigong Every Day

12:00 PM

Healing Circle

FRIDAY

8:00 AM

Qigong Every Day

SATURDAY

8:00 AM

Qigong Every Day

12:00 PM

Healing Circle

What is Healing Circle?

An hour-long group session designed to empower you with Qigong. Our Qigong Healer will guide you in practicing Spring Forest Qigong healing movements, followed by a guided healing meditation. While you are deep in the stillness of meditation, our healer will work on removing energy blockages and balance your Qi, sending healing energy to everyone in the circle.

Three weekly sessions on Tuesdays, Thursdays, and Saturdays 12:00 - 1:00 p.m. US Central Time

What is Qigong Everyday?

A daily Qigong movement practice at 8:00 a.m. Monday to Saturday. 40 minutes FULL practice session each day, guided LIVE by our staff teacher/healer and joined by your community. Practicing Qigong every day to positively impact the way we experience life and to see the transformation over time. Not only does the practice of Qigong help us to heal multidimensionally, but it also helps us to connect with the deepest parts of ourselves, by opening our hearts to power of Unconditional Love.

All Live Sessions via Zoom - JOIN NOW

INSPIRATION FROM MASTER LIN



Qigong means using this vital life energy to create a healthy mind and body.

THIS IS HOW SPRING FOREST QIGONG CHANGE LIVES.

HEALING STORIES

Dear Qi Gong Master—I loved the healing tonight and so did my Kitty Cat, Gabe! Amazing energy and journey for he and I! He has great fear of the Vet and has to be medicated before his visit on Tuesday for a dental cleaning. I intended he be healed from this and I felt the healing for myself too of course! Thank you!

Jeannie

My healing experience was so interesting and peaceful. My body feels aligned, grounded and clear, like I can feel spaces btw. the ribs etc. The pain I had before that felt like it was unpredictable and moving in random directions (sometimes like zip, zoom...ha), felt like it was pulled out of my body, like the “bubbles of pain” surrendered and released. I feel often I can shift pain into sensation yet last week it didn't work, it would just tighten so much. Ex. I went swimming in a lake, only my back tightened up where my breathing became restricted and I couldn't swim. The depth of my breath is different today. Yippee!

Here is what happened: A couple minutes in, I saw lavender light and I have seen it before. It came through my third eye and then it went throughout the brain (like I could see parts of the brain). Then I felt like a hand on my forehead and back of my neck, like someone was holding my head and neck to straighten it out and the lavender light went down the spine. I felt such great peace and vibrant color and it went through the body organs and vertebrae etc. I can still feel it as I type this...so I will use this imagery. It was like a “screen of

doubt” for the fullest expression of healing was lifted up and replaced with this light. Now, I am walking differently and before the call, my right hip was out of place (when you lay down one leg was shorter and this happened before)...it went into place within the minutes on the call. Then, I received the message to stay grounded in what I believe...full healing from cancer is definitely a true possibility and I detached from the story the oncologist shared and I realized, she doesn't even know me as a healer and a person and she is sharing data from her perspective! That insight was freeing! I honor her path of oncology and I stay rooted on my healing path. I feel blessed and more aligned.

After the call, I listened to the butterfly meditation and felt such freedom within. And, I slept deeply last night. Thank you Master Lin for your kindness and healing. I am awake to a new dimension of healing!

Gratefully, Teresa

I was so surprised and grateful to receive that the 100 Days of Qigong Practice was added to the 5 Element Healing Movements home-study class I ordered! How wonderful! It's been so important for me to have the discipline of a daily practice, and after taking the Qigong Self-Healing Part 1, I found a resurgence of my commitment to my inner-life, and to taking care of and appreciating the wonders of my physical body. Practicing what I was taught in the online course with Master Gadu has been so strengthening. Plus,

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>

the 7-day meditation retreat, and your 30 day, online morning classes on facebook, have brought great assistance in maintaining the practice daily. The opportunity to delve more deeply into the practice for 100 days, creates the 'goal' AND the plan to see that I achieve it...is just what I am needing right now!

Thank you for your generous offerings...with special gratitude to Master Lin for his unconditional commitment to 'a healer in every home' and for his beautiful Vision-Truth that “everyone is born a Healer”. I feel so BLESSED!!!!

With Love and Gratitude~
Sara

QI~TALK

AT THE OPEN COMMUNITY MEETING



SPRING FOREST QIGONG



Warm Heartedness

Fire is hot... Water is cold... Fire flares up... Water sinks down... And a warm heart is just right.

Warm heartedness is love in action. Not too much, not too little... A warm heart is just right for creating healing in our body, our family, our community, and our world. Everything begins and ends in the heart. We are all connected.

Find out what makes a warm heart “just right” as Qigong Master Katrina Tobey shares her warm-hearted wisdom with you on Saturday, October 3rd @ 9:00 AM US CT

Katrina Tobey, Qigong

Master of Spring Forest Qigong

Saturday, October 3, 2020

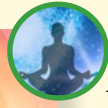
9:00 am CST

FREE LIVE ONLINE

MISSION OF SPRING FOREST QIGONG

Give people the knowledge and tools to experience that every one of us is born a healer with a natural ability to help ourselves and others to heal.

FOR DIVINE CONNECTION MEMBERS



HEALING CONNECTION

with Master Chunyi Lin

OCTOBER 2020:

QIGONG FASTING

Both advanced Spring Forest Qigong students and those who have attended Intensive Healing Retreats with Master Lin already know about the power of fasting. As Master Lin says, fasting 72 hours with just water can completely “re-boot” the immune system, which is beneficial not just for people with critical health challenges, but even for those who are otherwise healthy.

But what even advanced students sometimes forget is, the fasting we do in Qigong is not just abstaining from eating. It is actually also a way to attune the body to (and accustom it to taking in) subtler and more refined kinds of energy. The benefits of this kind of Qigong fasting go beyond the physical, to the energetic and even the spiritual.

In this month’s Healing Connection, Master Lin will be speaking from extensive experience to teach you about fasting, Qigong fasting, and the good you can gain from both.

October 6 - Fasting: Types, Tips, Techniques

October 13 - Benefits of Qigong Fasting

October 20 - Qigong Fasting and Healing

October 27 - Qigong Fasting for Energy Development and Spirituality

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



Master Lin's Autumn Pear Tea

BENEFITS:

Good for your kidneys, your pancreas, and for moving of energy. When we come to this transition to winter season it's important to pay more attention to kidney energy and this dish is great for kidney energy.

Very good for the season, for moving the energy, for earth energy, and for your pancreas and kidneys. This dish already has five colors of foods and is very balanced food energy.

Makes 3 Servings

INGREDIENTS:

- 5 cups of Spring Water
- 3 medium size organic pears, cut, core and

chop in 1 inch pieces

- 2 TBS dried Goji Berries
- 1 TBS Rock Sugar (traditional Chinese) or raw honey to taste

PREPARATION:

1. Bring water to a boil.
2. Add chopped pears, goji berries, rock sugar or raw honey and simmer on low heat for 35-40 minutes.
3. Take off the fire. Cool for a minute, then strain and enjoy!



UPCOMING TRAINING CLASSES

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

LEVEL 1 | OCT 1ST | 4 SESSIONS



RONG LI



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | OCT 2 | 1-DAY SESSION



MASTER MARCELLE VISSER



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | OCT 2 | 3 SESSIONS



SUE CRITES



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING
ONLINE VIA ZOOM

LEVEL 2 | OCT 3 | 2-DAY SESSIONS



MASTER MARCELLE VISSER



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | OCT 7 | 4 SESSIONS



BARB TIMMER



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | OCT 9 | 3 SESSIONS



MASTER JACI GRAN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

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

LEVEL 1 | OCT 14 | 4 SESSIONS



CAROLYNNE MELNYK



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 2 | OCT 17 | 4 SESSIONS



MASTER MUNIRA JIWA



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | OCT 17 | 2 SESSIONS



ISTVAN CSERVEN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 2 | OCT 21 | 4 SESSIONS



SUE CRITES



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 2 | OCT 23 | 4 SESSIONS



MASTER JACI GRAN



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 2 | OCT 23 | 3 SESSIONS



MASTER JERRY WELLIK



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

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

LEVEL 3 | OCT 23 | 5 SESSIONS



NISHA MITTAL



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING

ONLINE VIA ZOOM

LEVEL 1 | OCT 24 | 4 SESSIONS



LORRIE FORMELLA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | OCT 24 | 2-DAY SESSIONS



MASTER MARCELLE VISSER



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING

ONLINE VIA ZOOM

LEVEL 3 | NOV 2 | 5 SESSIONS



MASTER MUNIRA JIWA



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING

ONLINE VIA ZOOM

LEVEL 1 | NOV 3 | 4 SESSIONS



MASTER MUNIRA JIWA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | NOV 6 | 3 SESSIONS



MASTER JACI GRAN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

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

LEVEL 1 | NOV 7 | 3 SESSIONS



VIVIANA ESTRADA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | NOV 9 | 3 SESSIONS



ISTVAN CSERVEN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | NOV 12 | 4 SESSIONS



MASTER JERRY WELLIK



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING
ONLINE VIA ZOOM

LEVEL 3 | NOV 18 | 5 SESSIONS



SUE CRITES



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING
ONLINE VIA ZOOM

LEVEL 2 | NOV 20 | 4 SESSIONS



MASTER JACI GRAN



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | NOV 28 | 2 SESSIONS



ISTVAN CSERVEN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

CLICK HERE
FOR QIGONG TRAINING CLASSES BEYOND NOVEMBER

COMMUNITY EVENTS

UPCOMING LIVE OR ONLINE QIGONG COMMUNITY EVENTS



MASTER
KATRINA TOBEY

OCTOBER 3
9AM US CENTRAL TIME

LIVE STREAMING ON:
SFQ WEBSITE
FACEBOOK
YOUTUBE

NEW
LIVE VIDEO
STREAM



MASTER
JERRY WELLIK

NOVEMBER 7
9AM US CENTRAL TIME

LIVE STREAMING ON:
SFQ WEBSITE
FACEBOOK
YOUTUBE

NEW
LIVE VIDEO
STREAM



MASTER
JACI GRAN

OCTOBER 18
GLOBAL PHONE HEALING

ONLINE OR BY PHONE



MASTER
JACI GRAN

NOVEMBER 15
GLOBAL PHONE HEALING

ONLINE OR BY PHONE