

APRIL 2021 SCHEDULE



MON.	TUE.	WED.	THU.	FRI.
March 29 Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer  Deep Transformation Meditation	30	31 Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	April 01	02  Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer
05  Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Practice Guided Meditation and Receive Healing from the Healer  Deep Transformation Meditation	06	07  Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	08	09  Healing Circle Mixed Qigong Movements - SFQ Classic Level 2 and chanting Guided Meditation and Receive Healing from the Healer
12  Healing Circle Mixed Qigong Movements - 5 Element and Chanting Guided Meditation and Receive Healing from the Healer  Deep Transformation Meditation	13	14  Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer	15	16  Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Practice Guided Meditation and Receive Healing from the Healer
19  Healing Circle Mixed Qigong Movements - 5 Element and SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer  Deep Transformation Meditation	20	21  Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer	22	23  Healing Circle Mixed Qigong Movements - 5 Element and Chanting Guided Meditation and Receive Healing from the Healer
26  Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer  Deep Transformation Meditation	27	28  Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	29	30  Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Level 2 Guided Meditation and Receive Healing from the Healer

*Qi Circle classes are pre-designed to bring the maximum benefits to our participants. If for any reason that the Teacher cannot be there or due to circumstances that outside of the Teacher's control, class schedule may subject to substitute or change. SFQ will do our very best to notify participants in such events.