



DECEMBER 2021 SCHEDULE

MON.	TUE.	WED.	THU.	FRI.
NOV 29 Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Level 2 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	30	01 Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	02	03 Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer
06 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	07	08 Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer	09	10 Healing Circle Mixed Qigong Movements - SFQ Classic Level 2 and chanting Guided Meditation and Receive Healing from the Healer
13 Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	14	15 Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	16	17 Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Practice Guided Meditation and Receive Healing from the Healer
20 Healing Circle Mixed Qigong Movements - 5 Element and SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	21	22 Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer	23	24 Holiday - No practice
27 Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	28	29 Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	30	31 Holiday - No practice

*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.