



JANUARY 2020 SCHEDULE

MON.	TUE.	WED.	THU.	FRI.
DEC 28 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Level 2 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	29	30 ● Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	31	JAN 01 Holiday No Class
04 ● 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	05	06 ● Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer	07	08 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Level 2 Guided Meditation and Receive Healing from the Healer
11 ● Healing Circle Mixed Qigong Movements - 5 Element and Chanting Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	12	13 ● Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	14	15 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Practice Guided Meditation and Receive Healing from the Healer
18 ● Healing Circle Mixed Qigong Movements – 5 Element and SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	19	20 ● Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	21	22 ● Healing Circle Mixed Qigong Movements - 5 Element and Chanting Guided Meditation and Receive Healing from the Healer
25 ● Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	26	27 ● Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	28	29 ● Healing Circle Mixed Qigong Movements – Bouncing and SFQ 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.