



MAY 2021 SCHEDULE

MON.	TUE.	WED.	THU.	FRI.
03 ● Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	04	05 ● Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	06	07 ● Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer
10 ● 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	11	12 ● Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	13	14 ● Healing Circle Mixed Qigong Movements - SFQ Classic Level 2 and chanting Guided Meditation and Receive Healing from the Healer
17 ● Healing Circle Mixed Qigong Movements - 5 Element and SFQ Classic Level 1 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	18	19 ● Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer	20	21 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Practice Guided Meditation and Receive Healing from the Healer
24 ● Healing Circle Mixed Qigong Movements - 5 Element and Chanting Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	25	26 ● Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer	27	28 ● Healing Circle Mixed Qigong Movements - 5 Element and Chanting Guided Meditation and Receive Healing from the Healer
31 ● Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Level 2 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation				

*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.