



NOVEMBER 2021 SCHEDULE

MON.	TUE.	WED.	THU.	FRI.
Nov 01 Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	02	03 Healing Circle Mixed Qigong Movements - 5 Element and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	04	05 Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer
08 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	09	10 Healing Circle Mixed Qigong Movements – Bouncing and SFQ Level 2 Guided Meditation and Receive Healing from the Healer	11	12 Healing Circle Mixed Qigong Movements - SFQ Classic Level 2 and chanting Guided Meditation and Receive Healing from the Healer
15 Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	16	17 Healing Circle Mixed Qigong Movements – Qigong in Silence (Minimum Instructions) Guided Meditation and Receive Healing from the Healer	18	19 Healing Circle Mixed Qigong Movements – SFQ Classic Level 1 and Head-to-Toe Healing Practice Guided Meditation and Receive Healing from the Healer
22 Healing Circle Mixed Qigong Movements - 5 Element and chanting Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	23	24 Healing Circle Mixed Qigong Movements - 5 Element Guided Meditation and Receive Healing from the Healer	25	26 Holiday – No practice
29 Healing Circle Mixed Qigong Movements – SFQ Classic 1 & 2 Guided Meditation and Receive Healing from the Healer Deep Transformation Meditation	30			

*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.