



# JANUARY 2022 SCHEDULE

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

\*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.