



T'ai Chi Chih Wisdom Healing Qigong Spring Update – April 7, 2019



Hi to each and to all,

Dropping by with an **UPDATE** re T'ai Chi Chih and Wisdom Healing Qigong for Spring 2019 ...

RE SPRING CLASSES:

Looks like all 8-week classes are a GO for Spring session April 2nd – May 23rd ... or May 30th if need be. Spaces available for anyone still considering ... easy to catch up if you are delayed starting. Your own best effort is always enough. Welcome to do a drop-in for both to help you decide.

SPRING 2019 Wisdom Healing Qigong classes will primarily focus on **two new main practices** instead of our usual **Awaken Vitality** movements, though we will be doing a little of that as well. One new practice is called **Five Organ Sound Healing** and the other is called **Lift Chi Up Pour Chi Down**. Both of those may be new to most of you. They will be more familiar to those who have done our Saturday retreats. Both are amazing practices.

We will also continue with our Lachi Healing with the Light Ball practice with Kai Hui and Haola, and some other simple basic practices which we have already been doing.

Spring T'ai Chi Chih classes will be a continuous flow focusing on all 20 movements.

Whether new or returning, you are welcome to “Come and see” ... you may be amazed a little or a lot!

Suggested weekly contribution of \$10 appreciated ... or according to your ability to give a donation. Feel free to give what you can, when you can. As always, please never let \$\$ keep you away. You can always “pay forward” in kindness to others. Again, we are all so very connected that energetically what we do for one we do for all.

SATURDAY RETREATS

I have posted four possible dates for Spring Saturday retreats at our Virginia Water Retreat House, 47 Parsonage Drive, on Virginia Lake, two in April and two in May. Both Saturdays in April will be a full day, 9:30 – 12:30 and 1:30 – 4:30, with lunch from 12:30 – 1:30. Welcome to bring along your lunch or feel free to go home for lunch if that works better for anyone. More details regarding May Saturdays will be available as my schedule becomes clearer.

Next Saturday, April 13th will be a Wisdom Healing Qigong day, depending on the response. The morning will focus primarily on Sound Healing as a way to awaken more of our natural energy and aliveness from within. The afternoon will focus primarily on Lift Chi Up Pour Chi Down as a way to more naturally connect the energy and aliveness within and all around us. Lachi Healing with the Light Ball will also be part of our day.

Saturday, April 27th will be a T'ai Chi Chih day, again depending on the response. The day will be a continuous flow focusing on all 20 movements.

If you can come all day, wonderful! If you can come ½ day, wonderful, too!

Note that retreats always need to be pre-registered by e-mail or phone 727-7863 so I will know if we have enough interest to make them a GO. **Please let me know by Tuesday if possible** whether you would like to join us for one or both retreats ... and whether you will be coming morning and/or afternoon. I will confirm Wednesday whether we have enough registering to make the day a GO. My apology for the short turn round time for replying ... only today did some pieces get sorted out. Let's see where it goes.

Suggested donation is \$15 for ½ day or \$25 for full day. Whatever amount you can give will always be appreciated. Paying forward with acts of kindness to others, again, is always an option if the suggested amount feels out of range for you.

SPRING FLYER AND WEB SITE

Meanwhile, I have attached my spring flyer again here for your convenience as an easy reference or for sharing. Welcome to browse my web site as well www.sheilaleonard.ca A lot of Wisdom Healing Qigong videos you may enJOY at the end of that page on my site to give you a feel for what it is and for its benefits. You Tube is also a good place to browse for both Wisdom Healing Qigong. Also some T'ai Chi Chih videos on-line, though fewer.

Wishing you WELL and WARM and DRY as winter's teasing goes on for another while!

Continued blessings for each new day as it unfolds,

Sheila

*"Don't ask yourself what the world needs;
ask yourself what makes you come alive. And go do that.
Because what the world needs is people who have come alive"
- Howard Thurman*