



# Awakening the Energy Within!



## SPRING 2026 - "Come, Relax and En-JOY!"

With Sheila Leonard, Certified T'ai Chi Chih and Wisdom Healing Qigong Instructor  
The Lantern, 35 Barnes Road, St. John's (709-753-8760)

### T'ai Chi Chih

20 Gentle, repetitive movements ...  
Activating, Balancing and Circulating  
our energy for more joy and wellness!

### Wisdom Healing Qigong

Gentle, repetitive movements, sound,  
visualization, meditation, and posture  
alignment, for more joy and wellness!

Help yourself naturally feel better physically, mentally, emotionally, and spiritually ...

Feel more healthy, confident, energetic, free, creative, joyful ...

Deal better with daily stress,  
emotional health issues

Relieve chronic pain and improve  
other physical health issues

Enjoy more energy, mental clarity  
flexibility, balance, better sleep

Strengthen immune system and  
increase your overall well-being

As one person so simply summed it up, "Doing it just feels good!"

Saturday Retreat Days Apr 18/May 23 - Virginia Water Contemplative Centre, Virginia Lake.  
Please preregister. All welcome! T'ai Chi Chih 9:30-12:30 Wisdom Healing Qigong 1:30-4:30

8-Week Classes Apr. 21<sup>st</sup> - June 11<sup>th</sup> - Preregistration encouraged or just come along!

(Note: Please keep up to date on my [NEWS](#) page re possible schedule changes. )

#### T'ai Chi Chih (Tuesdays)

10:30 - 12:00 for All Levels  
2:00 - 3:30 for Beyond Beginners only  
7:00 - 8:30 for All Levels

#### Wisdom Healing Qigong (Thursdays)

10:30 - 12:00 for All Levels  
2:00 - 3:30 for Beyond Beginners only  
7:00 - 8:30 for All Levels

Suggested Donation: \$10/class ~ \$20 per half-day Retreat (or give what you can...)

Or "pay forward" in kindness, if need be ... please never let \$\$ keep you away!

For more info, please contact Sheila at [sheilaleonard67@gmail.com](mailto:sheilaleonard67@gmail.com) or 709-727-7863

Web Site: [www.sheilaleonard.ca](http://www.sheilaleonard.ca) [Facebook Profile](#) or [Facebook PAGE](#)

**PLEASE keep sessions SCENT-FREE as reasonably possible. THANK-YOU!**