



Awakening the Energy Within!



With Sheila Leonard, PBVM, Teacher Practitioner

**T'ai Chi Chih
Joy thru
Movement**

**Wisdom
Healing
Qigong**

SPRING CLASSES 2017- 8 Weeks

**Starting April 18th, 19th, 20th
until June 5th, 6th, 7th**

**Feel Healthier!
More natural Energy!
Feel more JOY!**

**Help yourself feel better
using your own natural
inner resources!**

WHERE: The Lantern, 35 Barnes Road, St. John's

WHEN: Tuesdays 10:30 and 7:00 - Wisdom Healing Qigong
Wednesdays 10:30 and 7:00 - T'ai Chi Chih Beginners
Thursdays 1:30 - T'ai Chi Chih Beyond Beginners

COST: T'ai Chi Chih \$80 or \$10/class ...or pay what you can ...
Wisdom Healing Qigong...suggested good will offering...

Contact: Sheila at sheilaleonard@nf.sympatio.ca or 709-727-7863

Please visit www.taichichihnl.ca for more details

PLEASE KEEP ALL SESSIONS AS SCENT-FREE AS POSSIBLE ...