



Awakening the Energy Within!



With Sheila Leonard, Certified Teacher and Healing Facilitator

Spring 2023

“Where the mind goes, energy flows!”

Energy is alive! Energy wants to move! The more freely our natural energy flows, the happier, healthier, more joyous and fulfilled we are!

“Come, relax and en-JOY!”

T'ai Chi Chih Joy Thru Movement

A set of 20 gentle, repetitive movements that help Activate, Balance and Circulate, the natural flow of our energy.

Wisdom Healing Qigong

Practices include posture alignment, gentle, repetitive movements, visualization, sound, meditation, focused intention & attention.

Help yourself simply feel better physically, mentally, emotionally, and spiritually by ...

- Helping relieve chronic pain and other health issues
- More effectively dealing with daily stress, isolation, anxiety, depression, and trauma
- Improving energy, stamina, balance, flexibility, sleep, and mental clarity
- Building a stronger immune system and increasing your overall sense of well-being
- Learning to live more mindfully and with greater confidence, energy, freedom, & joy

As one student so simply summed it up, “Doing it just feels good!”

Easy to learn. Relaxing to do. Can be done seated. The group energy greatly enhances your own.

Learning to come back to our body as our HOME!

Saturday, May 6th Retreat Day at Virginia Water Contemplative Centre, 47 Parsonage Drive.

All Welcome! Please pre-register! Half or full day: T'ai Chi Chih 9:30 – 12:30 & Wisdom Healing Qigong 1:30 – 4:30

7-Week Classes - The Lantern, 35 Barnes Road, St. John's (709-753-8760)
Spring session is May 1st – June 15th ... Pre-registration strongly encouraged.

T'ai Chi Chih Joy thru Movement

Tuesdays: 10:30 - 12:00 for **Beginners** (New) and 2:00 - 3:30 for **Beyond Beginners** (Returning)

Tuesdays: 7:00 - 8:30pm whether new or returning

Wisdom Healing Qigong

Thursdays: 10:30 - 12:00 for **Beginners** (New) and 2:00 - 3:30 for **Beyond Beginners** (Returning)

Mondays: 7:00 – 8:30pm whether new or returning

Masks are optional. Social distancing is strongly encouraged.

Suggested Donation: \$10/class and \$20/½ day Retreat (or give what you can, when you can.)

You can also “pay forward” in kindness ... please never let \$\$ keep you from joining us!

For more info, please contact Sheila at sheilaleonard@nf.sympatico.ca or 709-727-7863

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

Please keep all sessions as scent-free as reasonably possible!