



Awakening the Energy Within!



WINTER 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 Day yet to be set for 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 Jan 27th - Mar 26th. 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 or 709-727-7863

Web Site: www.sheilaleonard.ca Facebook Profile or Facebook PAGE

Please keep sessions as scent-free as reasonably possible ... thank-you!