



Awakening the Energy Within!



With Sheila Leonard, PBVM, Certified Instructor and Practitioner

Spring 2018

“Where the mind goes, energy flows!”

Energy is alive. Energy wants to move. The more freely our natural Energy flows, the happier, healthier, and the more joyous and free we are, body, mind and spirit!

“Come, taste and see!”

T'ai Chi Chih Joy Thru Movement

20 gentle, repetitive movements that help stimulate, circulate, and balance the flow of our natural energy.

Wisdom Healing Qigong

Includes posture alignment, gentle, repetitive movements, visualization, sound, breath, and focused intention.

Helping yourself feel better using your own natural resources to open energy blockages for:

- Relieving chronic pain/health issues and other health conditions
- Dealing with daily stresses, anxiety, depression, and improving mental focus
- Increasing energy, stamina, balance, and flexibility, and improving sleep
- Improving immune system response and enhancing overall well-being
- Cultivating deeper self-empowerment, mindfulness, confidence and joy

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

Easily learned in class and continued on your own ... or welcome to keep coming back! We'll be here! The group energy greatly amplifies our own. Can do it seated. For all ages!

8-Week Sessions - The Lantern, 35 Barnes Road, St. John's

April 24th - June 14th (Register at first class)

Tuesdays: Wisdom Healing Qigong 10:30-12:00 (Beyond Beginners)

1:30-3:00 (Beginners)/7:00-8:30 (Beginners **and** Beyond Beginners)

Wednesdays: T'ai Chi Chih 10:30-12:00 (Beginners) /7:00-8:30 (Beginners)

Thursdays 1:30-3:00 T'ai Chi Chih (Beyond Beginners)

\$80 for the 8 weeks ... (negotiable if need be)

For more information or to request a 'Come, Taste & See' session for interested groups

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

or please visit www.sheilaleonard.ca.

You can also contact The Lantern at 709-753-8760

PLEASE KEEP SESSIONS AS SCENT-FREE AS POSSIBLE ... THANK-YOU !