



## Time for mid-September T'ai Chi Chih/Wisdom Healing Qigong Update

(Please continue to check for Updates on my [NEWS](#) page at [www.sheilaleonard.ca](http://www.sheilaleonard.ca))

\*\*\* Tuesday (T'ai Chi Chih) and Thursday (Wisdom Healing Qigong) free Lunch Hour Wellness Sessions on Government House lawn will be continuing until the end of September as weather permits. Cancellations will be posted on my [NEWS](#) page ... otherwise, presume they are a GO...

\*\*\* Lantern sessions are ON HOLD for the time being as we work with all the Covid protocols in place for physical distancing and masks ... and their related challenges. Continuing to explore possibilities given my personal scheduling as well.

\*\*\* I am looking at options for offering my T'ai Chi Chih/Wisdom Healing Qigong sessions on-line on Zoom again the fall like we did March to June during lockdown. We had used **Zoom** then for returning classes only, though some new people also dropped in, and it went very well. Offering new classes on Zoom may be a little more challenging but may well work out as a good option while in-person classes are on hold. Zoom also has an option for joining on Facebook and You Tube as well at the same time. That might make it easier for some to join us. Still learning how to do that. We always do the Chi-TV sessions that way and it works great.

\*\*\* Free Chi Center Chi-TV Wisdom Healing Qigong noon (NL time) sessions on Tuesdays and Saturdays will be continuing until the end of September. You can find the links for joining those on my [NEWS](#) page. See the August 14<sup>th</sup> posting. The sessions consist of a 25-minute practice led one of our teachers, myself included, then a 5-minute free movement fun dance session to integrate the energy, then concluding with generally a 15-minute (or longer) meditation with Master Mingtong Gu. Another announcement will be forthcoming from the Chi Center at the end of September as to what will unfold during the fall.

\*\*\* I have added several practice links, including personal videos, to my web site for using on your own for your continuing at-home practice for both T'ai Chi Chih and Wisdom Healing Qigong. They are on the separate Resources page under the T'ai Chi Chih menu bar as well as on the page with the List Of Moves. Two of them are my own videos done using Zoom. Some are with other teacher friends. For Wisdom Healing Qigong you will find them on the "What is Wisdom Healing Qigong?" page under the menu bar. Some of the new Wisdom Healing Qigong practices are videos of ones I had led over the past several months as part of Chi-TV. More to follow.

\*\*\* **My mailing lists** had needed to be updated for several reasons. If you hear of anyone who used to get my Updates but no longer receives them, it is likely because they did not reply to either of my two July e-mails requesting that people confirm that they wanted to stay on my mailing list. Anyone can e-mail me to add his/her name at any time.

Streaming more WELL wishes your way ... be SAFE ... be CALM ... be KIND ...  
Continued blessings in abundance for each new day as it unfolds,  
Sheila

*"Don't ask what the world needs.  
Ask what makes you come alive and do it.  
Because what the world needs is people who have come alive". ~ Howard Thurman*