

QI~FUL LIVING

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG
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AUGUST 2020

MASTER LIN, HOW DID YOU BECOME A QIGONG MASTER

THE MIRACLE OF CONSISTENCY



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Becoming a Spring Forest Qigong Master

Sometimes people ask us, “How do I become a Spring Forest Qigong Master?”

Because they see Certified Trainers, Healers, Instructors, and Practice Group Leaders. The Certification process, they understand; but what about the “Master-process”? No one ever seems to talk about that.

Or, they might have had healing sessions or taken classes with some of our Masters, like Jaci Gran or Gadu Schmitz, Glenn and Katrina Tobey, or one of the other Masters. Feeling their energy, being in the presence of someone with that special “something,” they wonder – “Well, how did they get like that? How do I do that?”

Or else... they just wonder, “How did Chunyi Lin become Master Lin? Because he had to have started out like a normal person, right? No one just does that kind of healing, do they?”

People have so many reasons for wondering these things and for wondering how to become a Master themselves.

What does it take to become a Spring Forest Qigong Master?

As an old saying goes, it’s like a mute person eating honey.

Does that answer the question?

How about this?

In an interview not too long ago, Master Lin shared the story of how he became a Qigong Master. Maybe if we shared a little of it here, the answer in the old saying will seem a little less mysterious. Or maybe the story can give us a better starting point to answer the question from.

Here’s what Master Lin had to say (we edited it a little so it would read better).



//

YOU WERE BORN A
HEALER.

ACTIVATE YOUR QI
TO HELP YOURSELF
HEAL.

//

"I became a Qigong Master in 1994. Through extended study and unimaginable tests by my Masters, I was given that title and the mission to pass on the ancient wisdom I had learned.

I grew up in China during the Cultural Revolution, when tens of thousands of people were killed, humiliated, and tortured by the Communists.

So, I went through a lot of suffering and grew up to be an angry and depressed man inside. And I also had a lot of injuries in my body from playing basketball. Eventually, all the physical pain and emotions in my body manifested. I developed severe arthritis in both of my knees and bone spurs all over my body. That was in my early 30s. Whenever I walked, I was always in excruciating pain. I tried many different kinds of medical treatments, but my condition only got worse.

One day, my friend told me a Qigong Master was coming to town. He said that many people got healed just by attending his workshop. Well, I had nothing to lose. I thought, in the condition I was, I should give it a try. So, I did. And that workshop changed my life.

I remember that day. Painfully, I dragged myself into the workshop, which was actually on the dirt ground of a soccer field. But you know what? Seven hours later, at the end of the workshop, I was able to walk and jump again, because eighty percent of the pain in my legs was gone. At that time, my knees were swollen, and that completely went away.

I continued to practice what the Qigong Master taught in that workshop for another two months.



“
Arthritis in my knees
was completely gone,
all my bone spurs
disappeared, and my
suicidal depression was
also completely gone.
”

Then I discovered that the arthritis in my knees was completely gone, all my bone spurs disappeared, and my suicidal depression was also completely gone.

And that's how I got into Qigong. It was so powerful.

Becoming a Qigong Master was a journey of its own. It involved intense practices, meditating twenty-eight days in a cave while fasting the entire time, and many very strange testings, which maybe Western people might think are crazy. I can go on for days about the entire training. But I will have to talk about that another time.”

Wait – that's it?

Just when he gets to the good part, he stops?

Was this a joke?

Some things shouldn't be said, some things can't be said; and maybe the story of how, exactly, Master Lin became a Qigong Master is a little of both. But actually, what he did say already says a lot. We think it will help those who want to become a Master one day.

How do you become a Spring Forest Qigong Master? Consider these things.

Master Lin grew up in a time of tremendous

Becoming A Qigong Master



chaos and horror. He saw great suffering and felt the sharp sting of privation. When he grew up, he lived in misery – physical pain, depression, anger, hatred. He was almost crippled, emotionally and physically.

Now, consider this story of a healer from Africa.

When he was first learning to heal from his Masters, after he had begun his studies and tests, this young man felt amazing – “healthy as a horse.” He felt like running and jumping, he was so full of energy. His Master scolded him and said, “A healthy healer is a bad healer.” He said, if you are so healthy all the time and never experience suffering and sickness, you will lack compassion and will lord it over the people you help. So, this healer’s Master gave him something to eat that made him violently ill. Later, this healer said that these kinds of experiences gave him the compassion to be able to help heal others.

That’s one thing.

Then, consider this.

Even after a miraculous healing in the space of hours, Master Lin was not completely healed; he spent two months after that diligently practicing what the Master taught him. What Master Lin did not share in the story above was, as he practiced Qigong those next few months to heal that last

twenty percent of his lingering health challenges, the pain occasionally came back worse than before. Sometimes, he would collapse from the pain.

Yet not only did he not stop practicing, but when he had healed himself completely, he then went on to experience more and more difficult challenges – fasting in a cave for a month, for example.

Does that mean you need to fast in a cave for a month to become a Master? Does that mean all the other Spring Forest Qigong Masters fasted for a month to become Masters? No! But – what is the spirit of a person who does that? What is the desire of that person to help, to grow, to learn? What are you willing to face, to feel, to undergo to become what you want to be?

That’s another thing.

And here’s one more thing.

Join us on Facebook – see the free Qigong practices with the different Masters – Munira, Jaci, Jerry, Gadu. Try the online Healing Circle. Watch the free Qi~Talks with Glenn and Katrina and the other Masters. Take classes with them and pay attention – not so much to their words, but to how they say them; not so much to how they speak, but to how they feel to you. All these Masters are so different, but what about them is the same? What about them

that is the same, is different from those who are not Masters?

Maybe you can't exactly say what a Master is, but you can taste it, so to speak. That taste, you can only recognize when you start to search for it.

Would you like a hint?

Master Lin says that "the source of Qigong healing power is love, kindness, and forgiveness." It's not the knowledge and it's not the techniques, even if those are important, too.

Such simple things – love, kindness, and forgiveness.

Many people make it their life's work to master knowledge and to master techniques – not just in Qigong, but in any field. And why not? There are books to follow, lists to cross off, things to measure and show for it. The more you master these things, the "more" you become; yet, you can master them and never radically transform.

But to accept and approach all things in the spirit of, with the energy of, and with your actions reflecting unconditional love, unconditional kindness, unconditional forgiveness – who does that?

The more you master those things, the "less" you become. There is no book, no list, no standard



measure for this kind of mastery. Yet, though to take the path of that kind of mastery is to cross a "trackless land" on unmarked paths, the destination is always the same – a total self-transformation, the nature and "flavor" of which is something like the ocean.

What does that mean?

North, south, east, and west, the ocean always tastes of salt.

What is the taste of mastery?

Find it, and you will find it is always the same. 氣



TEACHING WITH
MASTER CHUNYI LIN

SMALL UNIVERSE

QIGONG MEDITATION

Best Qigong training secrets to take
your practice to a brand new dimension
GUARANTEED!





The Miracle of Consistency

A guest article by Helena Chan, Nurturer

Every day, I give thanks for my “job” – and I wrote job in quotation marks, because how can something that gives me such joy be called a job?!

One of the biggest joys is that, as the Nurturer of the Spring Forest Qigong Healing Center in Eden Prairie, I regularly get to witness amazing healing and transformation in our clients.

So often, I see clients walk in for their initial appointment with tight, serious faces and demeanors. No wonder! They are suffering from a wide range of ailments, from anxiety and depression to great chronic pain and extreme fatigue, to cancer, M.S., heart problems, and other serious, debilitating illnesses. I see so many people come in like that.

But then, if they start following the healing program that their healer suggests, usually in just two or three weeks I can see a noticeable difference. They start smiling as soon as they walk in. There is lightness and softness in their whole being. Sometimes, a glow in their face. They are chattier and more open; and in chatting, they confirm for me that they are, indeed, feeling better and that their physical ailments have improved – sometimes to the puzzlement of their doctors. They happily (sometimes excitedly) share with me that the recent medical scan came out all clear, or they have more energy, or their chronic pain is gone or has

improved so much, or that they can calmly deal with situations that used to upset them greatly. So many good things!

Over time, what I started noticing was that the most significant and incredible healings and energy transformations happen when people fully incorporate Spring Forest Qigong into their lives and make daily practice not just a priority, but a routine necessity, just like eating, sleeping, and showering. In fact, these people make a complete lifestyle change and truly start “living the Qigong life.”

Besides coming to the Center for healing sessions (both individual and group), they carve out daily practice time of an hour or more to do the Five Element Healing Movements, the Small Universe or another sitting meditation, and even chanting, too. Our “100 Days of Qigong” program is a great way to start, and I recommend it all the time.

One client who was doing four hours of Qigong a day transformed his cancer energy blockages very quickly and with minimal Western treatments. He says that he has received many other “bonus” benefits from doing Qigong, too. In fact, he enjoys Spring Forest Qigong so much that he continues to practice two to three hours each day.

“

Yet here I am, seven years later, with no shunt in my body, very healthy, practicing Qigong every day. That's the miracle of consistency!

”

I, myself, fully recovered from hydrocephalus (a manageable but incurable condition) through daily, dedicated Qigong practice. I was told by a Mayo Clinic neurosurgeon that the only way to treat my hydrocephalus was to permanently place a shunt in my brain, which would run down to my stomach to continuously drain the fluid build-up. If not, he said, I would go brain dead and physical death would quickly follow. That was a shock. Yet here I am, seven years later, with no shunt in my body, very healthy, practicing Qigong every day. That's the miracle of consistency!

I could tell you so many other stories like this – I hear and see them every day. Maybe one day you will come to the Healing Center, and the story of your transformation will be just what the next person to walk through our doors needs to hear.

Until then, all I can tell you is, live a Qigong lifestyle and you will enjoy the incredible energy transformations and healing that it brings. 氣

SPRING FOREST QIGONG HEALING CENTER



PRIVATE HEALING | MEDITATION HEALING | PERSONAL COACHING



ASK MASTER LIN

Q Can you explain excessive heat that I'm feeling in my body in-between my Qigong practices? I don't drink alcohol, but my eyes are bloodshot all the time. Is there something I can do with Qigong to help with this?

MASTER LIN: From the Qigong and energy perspective, heat is always a transformer. It is the fire energy, which helps to transform anything according to what your body needs and what you want. For instance, if you have an injury in your knees when you do Qigong and you feel tremendous heat going through your knees, that heat actually helps to transform the toxicity in the knees into something beautiful and releases it back to the universe. When people have arthritis or headaches, there is tremendous heat in the area where pain occurs.

Some people say this heat is not good for you, and you need to put ice on it to cool it down. My knowledge is that this is a misunderstanding. The heat actually helps your body to transform the negative energy into healing energy and release it back to the universe. It is a good thing.

When we do Qigong healing on others, we rub our hands together until they're very warm and put the hands on the area that needs healing—whether it's a tumor or a pain. And then we feel warmth

going into that part which can help to transform or balance the energy.

If your body has aches and pains, you have energy blockages in the body. Through practicing Qigong you can help yourself to balance the energy channels and balance the body. When all the channels open, those sensations will go away. Focus on the feeling of the body and if you already feel the heat, that is great. Continue to practice your exercises until you don't feel the heat in that area anymore; that means the channel is open and your body got completely healed.

Q When I practice Qigong, sometimes I get so energized with a buzzy energy that I can't sleep at night. Am I doing too much Qigong?

MASTER LIN: Buzzing energy and negative thoughts or negative emotions—there's a lot of different types of energy moving around, so you don't have a good sleep. Generally speaking, sleeping—good or bad—has a lot to do with two kinds of energy, the yin and yang. And of these two kinds of energy, one is the heart energy and the other is the liver energy. In the body we have a yin and yang spirit. The yang spirit stays in the heart. The yin spirit stays in the liver. When the heart—the yang spirit—is not stable or not in peace, the yin spirit is gradually not in peace

either. The yang spirit intends to go out to do all things connected to the universe, and the yin spirit intends to stay quietly inside. When your body is constantly in stress or depression, your heart—the yang spirit—is not in peace. When this continues, gradually your whole body gets many energy blockages, so your yin spirit is not stable. That's when many people are going to experience a life crisis. Lots of serious illnesses are happening, so the yin spirit doesn't want to live in the body anymore.

In order to help yourself to quiet your mind down, first let go. Let go of anything in your life. This is your sleeping time; you can take care of all the stress and all your worries when you're awake. "These eight hours are my time." And you learn how to let go and not hold those stresses in your system. So when you have one challenge, there are many ways to cope with that challenge. Always make sure you're doing good things for people. You are so kind to others, and you love people. You don't take advantage of anyone in your life, and you don't have a large ego. When you don't have all these thoughts in your system, of course you can sleep better. Let go. Let go. Let go, and follow your heart. Then with the breathing exercise in Qigong, you can sleep better.

INSPIRATION FROM MASTER LIN



Qigong means using this vital life energy to create a healthy mind and body. Through Qigong we can heal not only physically, but also emotionally, mentally and spiritually.

THIS IS HOW SPRING FOREST QIGONG CHANGE LIVES.

HEALING STORIES

Jan Wikman's Spring Forest Qigong Healing Story

I would like to share with you the amazing gift that Spring Forest Qigong has been for me and my family over the last three months.

I have always wanted to explore SFQ, and this time it was calling to me. So, I read *Born a Healer* and started participating in the 30-day live events on Facebook. I also decided to take this time of "sheltering in place" to complete Levels One, Two, and Three. The online classes were amazing! I even asked my husband to practice with me and after a fair amount of resistance, he agreed and could not believe how much better he felt.

During this time, my son called me early one morning and told me that he and his girlfriend most likely had the coronavirus because five of her co-workers had tested positive and his temperature was spiking. I felt so lost and wanted to take care of them, but I could not physically be there, so I focused on energy healing. I told my son that I was going to send him healing energy and he said, "Well, it couldn't hurt." Within a couple of days, he was well on his way to recovery. While I know that he is a strong healthy person, I also know the healing made a difference. The practice helped me stay calm, which is not my nature in situations like this.

Also, during this period I was told by the long-term care facility where my mom resides that I could not

visit with her due to quarantine restrictions at all nursing homes. Prior to this, I would visit her every other day. My visits turned into peering into a window while on the phone with her. Each week I would receive the updates on the number of residents who were testing positive for the virus. My anxiety level was extremely high, and it was the daily practice with Spring Forest Qigong that was keeping my energy in check.

I received a call a month later that my mom (who is 98) tested positive and was being moved to quarantine on a different floor. The thought of my mom becoming extremely sick and my not being able to "be there for her" was so scary for me.

Thankfully, I was in the middle of Level Two and had the opportunity to work on my mom and the staff daily. I also practiced the Butterfly Meditation every morning. This meditation gave me purpose and a sense of making a difference for my family.

I met with Master Jaci for two healing sessions to release the anxiety and fear that was overwhelming me. I could not believe how my energy shifted.

This week, my 98-year-old Mom left quarantine and participated in a graduation ceremony at her facility celebrating those that "graduated" out of quarantine.

Share Your Story and Inspire Your Community!

Do you practice Spring Forest Qigong? Do you have an exciting Spring Forest Qigong healing story to share?

Is your story about your own healing or one you've facilitated? Maybe even more than one? If you have verifying data such as x-rays, medical or lab reports, medical diagnoses, etc., please submit it with your healing story.

We will select the most touching stories and they might show up on our new website, in an upcoming blog . . . or, who knows, it might even end up in Master Chunyi Lin's new book!

Please go to this link to submit your healing story:

<https://www.springforestqigong.com/share-your-story>

It was such a beautiful experience! We were all able to participate via Zoom. My mom ended up being featured on the news and is now participating in a documentary about long-term care residents and the coronavirus.

This work has changed my life in three months, and I am so grateful.

Join Spring Forest Qigong Everyday!

This Special Event is **Free** to Everyone! No Sign Up is necessary!



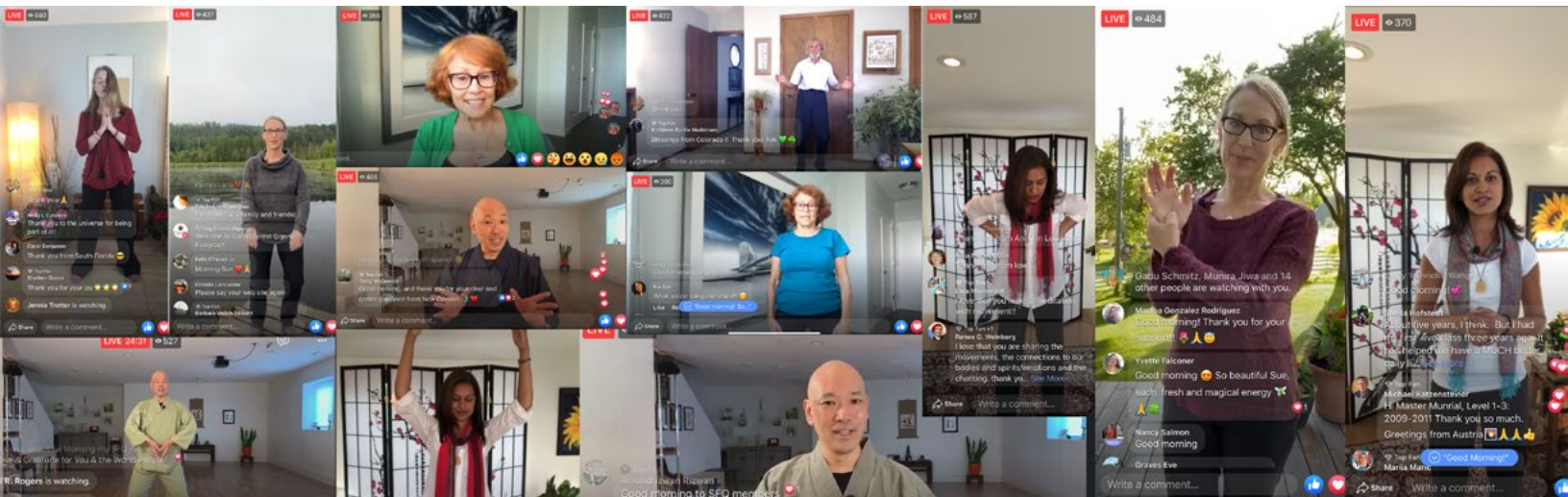
Wherever you are today, is a perfect place to be.

Whether you have been practicing Qigong for many years or maybe you are just beginning to dip your toes into the healing waters, that is QIGONG.

Practicing Qigong every day, at the same time, even if it is only for a few minutes, has great potential to positively impact the way we experience life. Not only does the practice of Qigong help us to heal multi-dimensionally, but it also helps us to connect with the deepest parts of ourselves, by opening our hearts to power of Unconditional Love.

When we take time every day to set up a practice for ourselves, our body naturally begins to regulate our energy systems, so that we can heal faster and more efficiently.

At Spring Forest Qigong, we would like to continue to support you in setting up a consistent daily practice, so that you experience a life filled with an abundance of happiness, love, and purpose.



We would like to do this by inviting you and everyone you know to join us LIVE on Facebook, every weekday morning starting on Monday, June 1st for "Spring Forest Qigong Everyday!"

'Spring Forest Qigong Everyday!' is a special opportunity that our Qigong teachers have to continue to guide you and support you in your Qigong practice.

Every Weekday (Monday-Friday) morning starting at 8:00 AM Central Time, our Spring Forest Qigong Master's and Healer's from our Healing Center, will be LIVE Streaming on our Facebook page a Qigong practice each day, with a special intention of: helping our community get through this time of crisis.





Healing Trauma; using the Ancient Wisdom of Spring Forest Qigong

Most of us have experienced some sort of trauma in our lives, whether we realize it or not. For many of us we may not even realize that we've experienced trauma, because maybe at the time it seemed to be normalized or maybe it seemed to be so minuscule compared to what others have gone through in their lives, so we didn't consider it traumatic.

So, how do we heal our trauma if we do not even know what we are looking to heal? That is the beauty of Spring Forest Qigong. Whenever anything good or bad

happens in our life, it becomes part of us, down to the cellular level. The reason that Spring Forest Qigong is so successful at healing, is because it goes deeper than the physical body and deeper than the symptoms.

Qigong healing goes straight to the root cause of an illness, to help the body heal fully and completely. So, even if you're not sure of what you're trying to heal, the practice of Spring Forest Qigong doesn't need any specifics because it works to heal the body as a whole, not just part of it.



Katrina Tobey, Qigong Master

Saturday, August 1, 2020

9:00 am CST

FREE LIVE ONLINE

MISSION OF SPRING FOREST QIGONG

Give people the knowledge and tools to experience that every one of us is born a healer with a natural ability to help ourselves and others to heal.



HEALING CONNECTION

with Master Chunyi Lin

DOS AND DON'TS OF HOW YOU DO QIGONG

A fundamental (and sometimes overlooked) principle of Spring Forest Qigong is “Good, Better, and Best” – as in, there is no right or wrong way to do this Qigong, only better and better ways to do it. A very big hurdle we all have to get over at the very beginning is... to actually do our Qigong. But after that, it’s all “icing on the cake”!

So, in this month’s Healing Connection talks, Master Lin wants to take some time to share some tips you may not have heard before (but which you may wish you had). These “Dos” and “Don’ts” (or, if you like, “Not So Goods” and “So Much Betters”) will help you so much in your Qigong practice.

August 4 - What about Qigong and water? By water? In water?

August 11 - What about electronic assistance?

August 18 - Do I have to wait to do Qigong after eating?

August 25 - What about Qigong during wild weather and astronomical events?

Join the only community call where Qigong Master Chunyi Lin personally imparts his invaluable wisdom, guides you into a powerful meditation, and answers your deepest questions.

Once a week (4 times a month), the hour-long Healing Connection will reach into your life providing enrichment, healing energy, and knowledge for everyday use.

Participants regularly call this program “LIFE CHANGING”.



SPRING FOREST
QIGONG

MEMBERSHIPS



VITALITY

FREE



HEART
WISDOM

\$20/MONTH



DEEP
TRANSFORMA-
TION

\$64/MONTH



DIVINE
CONNECTION

\$149/MONTH



Live Sessions with Master Jaci Gran and Master Gadu Schmitz

Remove Energy Blockages, Feel Cleansed, Energized, and Joyful

August 3, 17, & 31 – Master Jaci

August 10 & 24 – Master Gadu



with Master Glenn Tobey and Advanced Qigong Practitioners

August 27 – Master Glenn Tobey

Streaming Live Talk



Live Distance Healing Access by Phone or Internet

August 16 at 10:00 AM U.S. CENTRAL TIME



Current Month
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VITALITY

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HEART
WISDOM

\$20/MONTH



DEEP
TRANSFORMA-
TION

\$64/MONTH



DIVINE
CONNECTION1

\$149/MONTH

Artichokes, Cilantro and Mushrooms Stir Fry

BENEFITS:

Support Liver, Lungs, and Pancreas Energy Channels

Serves: 2 (Generously)

INGREDIENTS:

- 1 Pound whole white medium size mushrooms
- 1 Cup of cooked fresh artichoke hearts (or well drained organic canned artichoke hearts)
- 1 Tablespoon of finely chopped garlic
- 2 Tablespoons of Organic Cold Pressed Olive Oil
- 2 Tablespoons of Unpasteurized Soy Sauce like Nama Shou is best
- 1/4 to 1/2 Cup Chinese Parsley, also called Cilantro, of Coarsely chopped leaves and tender stems .
- Salt and Pepper to taste

PREPARATION:

1. Clean mushrooms. This dish is so good when you cut the mushrooms in quarters instead of slicing them.

2. In a wok or frying pan, add the 2 TBS of olive oil and heat on medium so the oil does not smoke. You lose all the benefit of the olive oil, when you take the temperature too high.
3. Add 1 TBS of your finely chopped garlic to the oil for just two or three minutes so the garlic is infused with the oil.
4. Then add the mushrooms and sauté for 3 or 4 minutes.
5. Then, add 1 Cup of cooked fresh artichoke hearts and continue to cook for 3 more minutes.
6. Add 2 TBS of Soy Sauce, mix well and cook for one more minute.
7. Take wok or frying pan off the heat. Let rest for a few minutes and then add Chinese parsley/ cilantro.

Stir well and serve. chopped a little sea salt – And ADD cooked artichokes – artichoke hearts – It is good for the liver, the lungs, the pancreas.



UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU OR ONLINE
WITH A SFQ CERTIFIED TEACHER

AUG 8 | SMALL UNIVERSE



MASTER CHUNYI LIN

GRAND QIGONG MASTER | FOUNDER OF SPRING FOREST QIGONG

Demystifying Small Universe

ONLINE CLASS

LEVEL 1 | AUGUST 6 | 4 THURSDAYS



RONG LI



LEVEL 1 QIGONG FOR HEALTH

ONLINE VIA ZOOM

LEVEL 1 | AUGUST 7 | 3 SESSIONS



MASTER GADU SCHMITZ



LEVEL 1 QIGONG FOR HEALTH

ONLINE VIA ZOOM

LEVEL 2 | AUGUST 11 | 4 TUESDAYS



SUE CRITES



LEVEL 2 QIGONG FOR HEALING

ONLINE VIA ZOOM

LEVEL 2 | AUGUST 14 | 4 SESSIONS



MASTER MUNIRA JIWA



LEVEL 2 QIGONG FOR HEALING

ONLINE VIA ZOOM

5 ELEMENT | AUG 15 | 2 SESSIONS



MASTER GADU SCHMITZ



FIVE ELEMENT QIGONG FOR
SELF-HEALING

ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU OR ONLINE
WITH A SFQ CERTIFIED TEACHER

LEVEL 2 | AUGUST 21 | 4 SESSIONS



MASTER JACI GRAN



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | AUG 22 | 3 SESSIONS



MASTER MUNIRA JIWA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | AUG 25 | 4 EVENINGS



LORRIE FORMELLA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | SEPT 9 | 4 SESSIONS

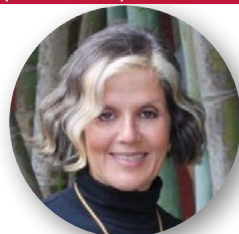


MASTER MUNIRA JIWA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | SEPT 11 | 3 SESSIONS



Viviana Estrada



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | SEPT 12 | 3 SESSIONS



ANN MINOFF



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU OR ONLINE
WITH A SFQ CERTIFIED TEACHER

LEVEL 3 | SEPT 14 | 5 SESSIONS



MASTER MUNIRA JIWA



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING

ONLINE VIA ZOOM

LEVEL 1 | SEPT 15 | 4 SESSIONS



CAROLYNNE MELNYK



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | SEPT 16 | 4 SESSIONS



SUE CRITES



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | SEPT 19 | 2 SESSIONS



MASTER JERRY WELLIK & LIZ WHITE



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | SEPT 19 | 3 SESSIONS



MASTER JACI GRAN



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING

ONLINE VIA ZOOM

CLICK HERE
QIGONG TRAINING
CLASSES
BEYOND
SEPTEMBER

COMMUNITY EVENTS

UPCOMING LIVE OR ONLINE QIGONG COMMUNITY EVENTS



MASTER
KATRINA TOBEY

AUGUST 1
9AM US CENTRAL TIME

LIVE STREAMING:
SFQ WEBSITE
FACEBOOK
YOUTUBE

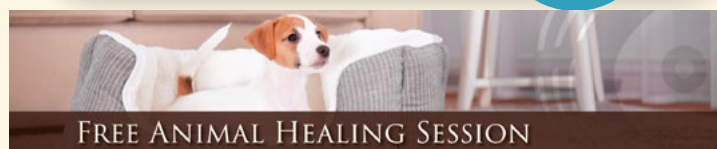
NEW
LIVE VIDEO
STREAM



MASTER
JACI GRAN

AUGUST 16
GLOBAL PHONE HEALING

ONLINE OR BY PHONE



MASTER
JACI GRAN

SEPTEMBER 13

GLOBAL HEALING FOR
ANIMALS

ONLINE OR BY PHONE



MASTER
JACI GRAN

SEPTEMBER 20

GLOBAL PHONE HEALING

ONLINE OR BY PHONE