Spring Forest Qigong Everyday

Welcome to the Global SFQ Community.

Your Qi activation Journey has just begun.
Through Practice and Cultivation you will experience wellness and flourish.

FREE: Spring Forest Qigong "Qigong everyday practice"

Monday through Friday at 8 am US Central time zone

https://www.facebook.com/SpringForestQigong

You can access all replay videos on Facebook and watch and practice at the time that is most convenient to you. Every week is led by a different Spring Forest Qigong Trainer.

FREE: Spring Forest Qigong 100 Day Practice Group

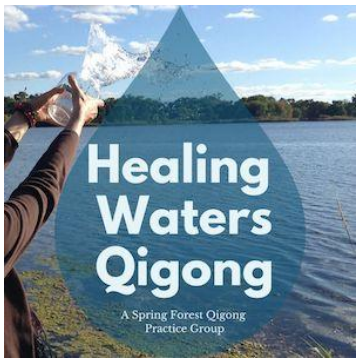
Saturday and Sunday, at 9 am US Central time

https://www.facebook.com/groups/sfq100days

Spring Forest Qigong 100 day practice group: Practice led by different instructors and trainers. There are a year's + worth of weekend archived practices you can view any time in this group, and live practices which you can replay at any time.

Spring Forest Qigong Practice Groups Around the Globe

There are Spring Forest Qigong practice groups around the globe, many of them online. For a complete directory visit https://www.springforestqigong.com/find-a-sfq-practice-group



Healing Waters Qigong

Led by Emily Jarrett Hughes
This hybrid class meets outside with an online option.
Location: Lake Hiawatha Park, Minneapolis
Wednesdays, Sept - May, 3:30 - 4:30 PM Central
Wednesdays, June - August, 9:00 - 10:00 AM Central
Suggested donation $5-10, no one turned away for lack of funds. Learn more about Healing Waters Qigong

This handout was created by Wisdom Dances as a helpful resource for students. The content above does not necessarily reflect or represent the teachings or policies held by Spring Forest Qigong.