

December 20, 2014 – Presentation by SFQ Master Jim Nance

Transformation: A journey to a deeper level of accepting and knowing your true self

Energy is constant change and motion. We and everything around us is energy; therefore, we are in constant change and motion. Transitions big or small can leave us feeling vulnerable and unsure. Jim will speak from his life experiences and knowledge of Qigong on how to use the transitions in our lives, to create a deeper understanding of our connection to the universe, to each other and our true selves. He will discuss ways in which we can stay centered and present.

For information on Master Jim Nance please visit GuidingQi.com