

April 17, 2020

**Since she can't facilitate them from Aquatic Park Center, she's leading them from home!
Below is Jill's invitation to her online Qi Gong classes and more. Enjoy!**

Greetings,

I am trying to gather our group of Wild Goose Qigong, that I have been teaching for 20 years, my daughter has graciously, and implementing her commitment to service, has set up this Zoom for me and for us!

For this I am filled with gratitude.

I have also done a 28 min Monday Breathe Meditation- the format of this first one, requires that you have apple product, and have downloaded "Voice Memo"

The next ones will be more accessible and not limited to apple folks.

When I am successful, I will post them on our FB page, or send it to you via email.

My tech guy- has ordered a camera for me that will greatly enhance the quality.

I am running a contest for the name of my new healing room- which originally was my son/daughter/granddaughter's room/ When the correct name appears who ever of you that brought this gift to me -you will receive a private one to one session from me !

Wild Goose Qi Gong with Jill

is by invitation only- keep this email, the meeting ID and password will not change-if you see that I have not included someone that you feel would benefit from this please connect them to me at; jillspezzano@gmail.com

You can download ZOOM for free- it's very easy and at this moment FREE

Your mic -s located down at the left of your screen-muting - if you mute, it will help you hear clearly my music and voice- if you have questions unmute your mic- next to the mic is the symbol of video- this allows to be viewed-if you don't want to be viewed don't click this-but you will still see me

I feel that a quick Hello- with first name and where you hail from is a nice greeting-remember one of the lessons of the geese, we HONK encouragement!

Rules for my classes remain the same

Come when you want - leave when you want

This is a sacred healing space, come with an open heart

We are about compassion

This is a safe place and a confidential space

my quote I am using today

"your greatest gift is your Attention"

kindest,
Jill

You have been invited to the following event.

Qi Gong with Jill

When:

Daily from 3:30pm to 4:30pm

Monday through Friday

- Pacific Standard Time

Where:

<https://us04web.zoom.us/j/885597417?pwd=dHFLbTQ1YWptcmtZV2lXOGd3NVQxdz09> (map) Calendar jillspezzano@gmail.com Who • keri.spezzano@gmail.com - organizer jillspezzano@gmail.com more details » Keri S. is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting:

<https://us04web.zoom.us/j/885597417?pwd=dHFLbTQ1YWptcmtZV2lXOGd3NVQxdz09>

Meeting ID: 885 597 417

Password: 718130

One tap mobile

+16699006833,,885597417# US (San Jose)

+13462487799,,885597417# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 929 205 6099 US (New York)

+1 253 215 8782 US

+1 301 715 8592 US

+1 312 626 6799 US (Chicago)

Meeting ID: 885 597 417

Find your local number: <https://us04web.zoom.us/j/885597417?pwd=dHFLbTQ1YWptcmtZV2lXOGd3NVQxdz09>