



## CHINESE HEALING & MOVEMENT ARTS

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[www.ChineseArts-Oly.com](http://www.ChineseArts-Oly.com)

### August & Fall Class Schedule – 2019

#### LIANGONG

##### Beginning Liangong (Series One):

Mondays - 6:30 to 7:20 pm, Sept. 9 to Dec. 16 (13 wks: no class 10/14,11/11)

##### Series Two (for everyone who has completed Beginning Liangong):

Thursdays - 7 to 7:50 pm, Aug. 15 to Dec. 19 (16 wks: no class 9/5,10/17,11/28)

##### Series Three (for everyone who has completed Series Two):

Tuesdays - 5:30 to 6:20 pm, Aug. 13 to Dec. 17 (17 wks; no class 9/3, 10/15)

##### Continuing Liangong (for everyone who has completed all 3 series):

Mondays - 5:30 to 6:20 pm, Aug. 12 to Dec. 16 (16 wks: no class 9/2,10/14,11/11)

or

Tuesdays - 12 to 12:50 pm, Aug. 13 to Dec. 17 (17 wks; no class 9/3, 10/15)

or

Thursdays - 9 to 9:50 am, Aug. 15 to Dec. 19 (16 wks: no class 9/5,10/17,11/28)

#### OTHER CLASSES

##### Bagua (by permission)

Tuesdays - 2 to 2:30 pm, Aug. 13 to Dec. 17 (17 wks; no class 9/3, 10/15)

- Half-hour: \$100

CLASS FEES: 16 weeks - \$190; 17 weeks - \$200; 20% off second class

More info (including monthly, drop-in options) on website.

#### TAIJI

##### Beginning Taiji

Fridays - 5:30 to 6:20 pm, Sept. 13 to Dec. 20 (12 wks: no class 10/4,10/18,11/29)

##### Continuing Taiji 3 (for those working on the 8 Techniques form):

Tuesdays - 6:30 to 7:20 pm, Aug. 13 to Dec. 17 (17 wks; no class 9/3, 10/15)

##### Continuing Taiji 2 (for those working on the short form):

Thursdays - 6 to 6:50 pm, Aug. 15 to Dec. 19 (16 wks: no class 9/5,10/17,11/28)

##### Continuing Taiji 1 (for those who have completed the short form):

Thursdays - 5 to 5:50 pm, Aug. 15 to Dec. 19 (16 wks: no class 9/5,10/17,11/28)

##### Taiji Weapons (Fan, Sword, Sun Taiji – by permission):

Tuesdays - 1:00 to 1:50 pm, Aug. 13 to Dec. 17 (17 wks; no class 9/3, 10/15)

#### OTHER CLASSES

##### Once-A-Month Saturday Fitness & 5 Animal Frolics

(\$15 minimum: all except \$5 for Scholarship Fund)

Third Saturday of the month - 10 to 11:30 am in July, drop-in

##### Master Su Seminar Monthly Review

(Fan, Sword, Sun Taiji, Bagua - by permission)

Third Saturday of the month – 11:30 to 1:30 pm (contact me for details)

#### Events to Remember:

Dragon Mural Dedication – Sat., August 24

Arts Walk – October 4-5, Samba Oly Style – Judy Cook, Carol Riley Johnson, Heather Hiff (Costume Art)