



CHINESE HEALING & MOVEMENT ARTS

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Winter Class Schedule – 2020

LIANGONG

Beginning Liangong (Series One):

Tuesdays - 5:30 to 6:20 pm, Jan. 7 to Apr. 21 (14 wks: no class 1/28, 2/4)

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

Mondays - 6:30 to 7:20 pm, Jan. 6 to Apr. 20 (14 wks: no class 1/27, 2/3)

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

Thursdays - 7 to 7:50 pm, Jan. 9 to Apr. 23 (13 wks: no class 1/30, 2/6, 3/5)

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

Mondays - 5:30 to 6:20 pm, Jan. 6 to Apr. 20 (14 wks no class 1/27, 2/3)

or

Tuesdays - 12 to 12:50 pm, Jan. 7 to Apr. 21 (14 wks: no class 1/28, 2/4)

or

Thursdays - 9 to 9:50 am, Jan. 9 to Apr. 23 (13 wks: no class 1/30, 2/6, 3/5)

OTHER CLASSES

Bagua (by permission)

Tuesdays - 2 to 2:30 pm, Jan. 7 to Apr. 21 (14 wks: no class 1/28, 2/4)

- Half-hour: \$85

TAIJI

Beginning Taiji

Fridays - 5:30 to 6:20 pm, Jan. 24 to Apr. 17 (10 wks: no class 1/31, 2/7, 3/6)

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

Tuesdays - 6:30 to 7:20 pm, Jan. 7 to Apr. 21 (14 wks: no class 1/28, 2/4)

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

Thursdays – 6 to 6:50 pm, Jan. 9 to Apr. 23 (13 wks: no class 1/30, 2/6, 3/5)

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

Thursdays - 5 to 5:50 pm, Jan. 9 to Apr. 23 (13 wks: no class 1/30, 2/6, 3/5)

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

Tuesdays - 1:00 to 1:50 pm, Jan. 7 to Apr. 21 (14 wks: no class 1/28, 2/4)

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

Master Su Seminar Monthly Review

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

Third Saturdays, cancelled Feb. – 11:30 to 1:30 pm (contact me for details)

Events to Remember:

Lunar New Year celebration – Sat., Feb. 15, 5 pm

World Taiji-Qigong Day – Sat., April 25, 9:30 am at Heritage Park

Post Holidays Potluck/Re-Gifting Exchange – Sat., Jan. 4, 4 pm at “party house”

Chinese Medicine Workshop – Jen Resnick – Sat., Feb. 22, 10 am

Seminar with Master Su Zifang – Friday-Sunday, June 26-28