



## CHINESE HEALING & MOVEMENT ARTS

360-402-4305

[ChineseArts-Oly@comcast.net](mailto:ChineseArts-Oly@comcast.net)

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

### Winter Class Schedule – 2023

#### LIANGONG

Beginning Liangong (Series One): Not offered this session

Series Two (for everyone who has completed Beginning Liangong)

Tuesdays - 5:30 to 6:20 pm, Jan. 10 to Apr. 25 (15 wks: no class 4/11)

Series Three (for everyone who has completed Series Two)

Thursdays - 7 to 7:50 pm, Jan. 12 to Apr. 27 (14 wks; no class 3/2, 4/13)

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

Mondays - 5:30 to 6:20 pm, Jan. 9 to April 24 (13 wks: no class 1/16, 2/20, 4/10)

or

Tuesdays - 12 to 12:50 pm, Jan. 10 to Apr. 25 (15 wks: no class 4/11)

or

Thursdays - 9 to 9:50 am, Jan. 12 to April 27 (14 wks; no class 3/2, 4/13)

#### TAIJI

Beginning Taiji: Not offered this session

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

Mondays – 6:30 to 7:20 pm, Jan. 9 to April 24 (13 wks: no class 1/16, 2/20, 4/10)

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

Thursdays - 6 to 6:50 pm, Jan. 12 to April 27 (14 wks; no class 3/2, 4/13)

Continuing Taiji 1 (for those continuing work on the long form)

Thursdays - 5 to 5:50 pm, Jan. 12 to April 27 (14 wks; no class 3/2, 4/13)

Taiji Weapon & Bagua (Fan, Sword, Sun Taiji, Bagua – by permission)

Tuesdays - 1:00 to 2:30 pm, Jan. 10 to Apr. 25 (15 wks: no class 4/11 - \$285)

#### OTHER CLASSES

Once-A-Month Saturday Fitness & 5 Animal Frolics – Scholarship Fund benefit: \$15 minimum, all for Scholarship Fund except \$5

Third Saturday of the month - 10 to 11:30 am

CLASS FEES: 13 weeks - \$170; 14 weeks - \$180, 15 weeks - \$190

If using PayPal or Venmo Goods & Services – add \$6/class to cover fees charged to CH&MA

20% off second class (more info, including monthly & drop-in options, on website)

#### SPECIAL EVENTS:

Lunar New Year Celebration – All current students and family are welcome, details on studio bulletin board and announced during classes

World Taiji & Qigong Day – Sat., April 29, everyone welcome, Marathon Park, meet at 9:30 am, start at 10 am, details on the website