



CHINESE HEALING & MOVEMENT ARTS

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www.ChineseArts-Oly.com

Spring-Summer Class Schedule – 2024

LIANGONG

Beginning Liangong (Series One): Pre-registration required
Thursdays - 7:00 to 7:50 pm, April 25 to Sept. 5
(14 wks: no class 5/9, 6/20, 6/27, 7/4, 7/18, 8/8)

Series Two (for everyone who has completed Beginning Liangong)
Tuesdays - 6:30 to 7:20 pm, April 23 to Sept. 3
(14 wks: no class 5/7, 6/18, 6/25, 7/2, 7/16, 8/6)

Series Three (for everyone who has completed Series Two)
Tuesdays - 5:30 to 6:20 pm, April 23 to Sept. 3
(14 wks: no class 5/7, 6/18, 6/25, 7/2, 7/16, 8/6)

Continuing Liangong (for everyone who has completed all 3 series)
Mondays - 5:30 to 6:20 pm, April 22 to Aug. 26
(13 wks: no class 5/13, 5/27, 6/24, 7/1, 7/15, 8/5)

OR

Tuesdays - 12 to 12:50 pm, April 23 to Sept. 3
(14 wks: no class 5/7, 6/18, 6/25, 7/2, 7/16, 8/6)

OR

Thursdays - 9 to 9:50 am, April 25 to Sept. 5
(14 wks: no class 5/9, 6/20, 6/27, 7/4, 7/18, 8/8)

TAIJI

Beginning Taiji: Pre-registration required, read FAQ on website
Thursdays - 6 to 6:50 pm, April 25 to Sept. 5
(14 wks: no class 5/9, 6/20, 6/27, 7/4, 7/18, 8/8)

Continuing Taiji 3 (for those working on the 8 Techniques form)
Not offered this session

Continuing Taiji 2 (for those working on the short form)
Mondays - 6:30 to 7:20 pm, April 22 to Aug. 26
(13 wks: no class 5/13, 5/27, 6/24, 7/1, 7/15, 8/5)

Continuing Taiji 1 (for those working on the long form)
Thursdays - 5 to 5:50 pm, April 25 to Sept. 5
(14 wks: no class 5/9, 6/20, 6/27, 7/4, 7/18, 8/8)

Taiji, Weapons & Bagua (Fan, Sword, Sun Taiji, Bagua - by permission)
Tuesdays - 1 to 2:30 pm, April 23 to Sept. 3
(14 wks: no class 5/7, 6/18, 6/25, 7/2, 7/16, 8/6 - \$270)

OTHER CLASSES

Once-A-Month Saturday Fitness & 5 Animal Frolics
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 (add'l classes no charge); More info, including monthly & drop-in options, on website

SPECIAL EVENTS:

World Taiji & Qigong Day – Sat., April 27, everyone welcome, Marathon Park, meet at 9:30 am, start at 10 am, details on the website

Seminar with Grandmaster Su Zifang and Master Yun – Friday to Sunday, June 21-23

– <https://www.chinesearts-oly.com/seminars-with-master-su-zifang.html>