



Schedule begins on
July 1, 2013
 and continues until
 further notice.

5127 NW 39th Ave
 Gainesville, FL 32606
 352-672-7613
 www.FlowingZen.com

Mondays

- Medical Qigong**
 5:00pm – 5:40pm
 with Sifu Anthony

 Learn exercises to maximize your body's ability to heal itself. **1**
- Warrior Qigong**
 5:40pm – 6:20pm
 with Sifu Anthony

 Cultivate internal strength and power with these stances. **2**
- Beginner Tai Chi**
 6:20pm – 7:00pm
 with Sihing Paul

 Learn Tai Chi the easy way. No complex routines to memorize. **2**
- Qigong Flow**
 7:00pm – 7:40pm
 with Sijie Anna/Karen

 Flow through multiple Qigong exercises per class **2**

Tuesdays

- Strength Qigong**
 5:00pm – 5:40pm
 with Sifu Anthony

 Gradually build physical strength the Qigong way. **3**
- Sinew Qigong**
 5:40pm – 6:20pm
 with Sifu Anthony

 Build internal power, mental clarity, and a stronger spirit. **2**
- Medical Qigong**
 6:20pm – 7:00pm
 with Sifu Anthony

 Learn exercises to maximize your body's ability to heal itself. **1**
- Tai Chi Fitness**
 7:00pm – 7:40pm
 with Sijie Wendy

 Develop flexibility, balance, and agility the Tai Chi way. **3**

Wednesdays

- Tai Chi Fitness**
 5:00pm – 5:40pm
 with Sifu Anthony

 Develop flexibility, balance, and agility the Tai Chi way. **3**
- Prosperity Qigong**
 5:40pm – 6:20pm
 with Sifu Anthony

 Create an abundance of wealth, health, and creativity in your life. **1**
- Teacher Training**
 6:20pm – 7:00pm
 with Sifu Anthony

 Advanced training for senior students & assistant instructors. **3**
- Warrior Qigong**
 7:00pm – 7:40pm
 with Sijie Linda

 Cultivate internal strength and power with these stances. **2**

Thursdays

- Qigong Flow**
 5:00pm – 5:40pm
 with Sijie Kathy

 Flow through multiple Qigong exercises per class **2**
- Beginner Tai Chi**
 5:40pm – 6:20pm
 with Sifu Anthony

 Learn Tai Chi the easy way. No complex routines to memorize. **2**
- Strength Qigong**
 6:20pm – 7:00pm
 with Sifu Anthony

 Gradually build physical strength the Qigong way. **3**
- Tai Chi Forms**
 7:00pm – 7:40pm
 with Sifu Anthony

 Learn the intermediate and advanced Tai Chi forms. **3**

Fridays

- Sinew Qigong**
 5:40pm – 6:20pm
 with Sihing Jimmy

 Build internal power, mental clarity, and a stronger spirit. **2**
- Tai Chi Push Hands**
 6:20pm – 7:00pm
 Group Practice

 Learn the art of softness with these two-person drills. **2**
- Medical Qigong**
 9:30am – 10:10am
 with Sihing Paul

 Learn exercises to maximize your body's ability to heal itself. **1**

Open Studio

- Tuesdays**
 11:30am – 12:30pm

 Practice alone or with others in the studio.
- Thursdays**
 11:30am – 12:30pm

 Practice alone or with others in the studio.

Wed. Morning

- Medical Qigong**
 9:30am – 10:10am
 with Sihing Paul

 Learn exercises to maximize your body's ability to heal itself. **1**

Office Hours

- Mondays**
 6:20pm – 7:00pm

 Talk privately with Sifu Anthony. First come first served.

- You **MUST** take the Flowing Zen 101 Workshop before attending any classes.
- See www.flowingzen.com/events for upcoming 101 workshops.
- You must take 4 blue Beginner classes before trying any intermediate classes.
- Try different classes. No need to attend the same classes every week.
- No need to register. Just show up. Don't forget to zap in to each class.

- Beginners Welcome
- Intermediate Students Only
- By Invite Only

Athleticism Scale

- 1 = Easy**
- 2 = Medium**
- 3 = Athletic**