



April 2012 Schedule

Flowing Zen 101 is a prerequisite for all classes.

For more information please call:

(352) 672-7613 or visit FlowingZen.com

Beginner

Intermediate

Advanced

Monday

Empowerment Qigong

5:30 PM

Need more focus, discipline, or direction in your life? Then this class is for you.

Athleticism: Very Easy

Qigong Flow

6:15 PM

Flow gracefully through the 18 Lohan Hands as you build health, vitality, flexibility, and balance.

Athleticism: Medium

Traditional Tai Chi

7:00 PM

Traditional Tai Chi is a complete system for health, flexibility, strength, character development, self defense, and spiritual fulfillment. Ask Sifu if you qualify.

Athleticism: Challenging

Tuesday

Qigong Healing

5:30 PM

Release pain and reverse illness with the 9 Qigong Jewels.

Athleticism: Very Easy

Kung Fu Fitness

6:15 PM

Kung Fu masters are fit, flexible, agile, and strong, even into old age. Learn their simple secrets.

Athleticism: Medium

Traditional Tai Chi

7:00 PM

Traditional Tai Chi is a complete system for health, flexibility, strength, character development, self defense, and spiritual fulfillment. Ask Sifu if you qualify.

Athleticism: Challenging

Wednesday

Qigong Cleansing

5:30 PM

Use the 9 Qigong Jewels to energetically cleanse the skin, the muscles, the meridians, the organs, and the bones.

Athleticism: Easy

Qigong Healing

6:15 PM

Release pain and reverse illness with the 9 Qigong Jewels.

Athleticism: Very Easy

Traditional Tai Chi

7:00 PM

Traditional Tai Chi is a complete system for health, flexibility, strength, character development, self defense, and spiritual fulfillment. Ask Sifu if you qualify.

Athleticism: Challenging

Thursday

Cloud Hands Tai Chi

5:30 PM

Feel the flow with easy Tai Chi techniques that anyone can enjoy.

Athleticism: Medium

One Finger Zen

6:15 PM

Grandmaster Wong's favorite exercise-- a powerful Qigong technique once reserved exclusively for Shaolin Kung Fu disciples.

Athleticism: Easy

Tai Chi Push Hands

7:00 PM

Make new friends, laugh, and have fun learning the art of pushing hands. Open to anyone who has learned the Bow-Arrow stance.

Athleticism: Medium

Friday

Kung Fu Fitness

5:30 PM

Kung Fu masters are fit, flexible, agile, and strong, even into old age. Learn their simple secrets.

Athleticism: Medium

Classes are for Members only.

Memberships may be purchased online or at the studio.

Beginners must take 5 blue classes before moving to red classes.

Ask Sifu if you are unsure which classes to attend.

You are encouraged to shop around for the right classes.