



Jan-Feb 2012 Schedule

(starts Jan 30th)

You may drop into any class, but some classes may be above your level. Choose classes based on your schedule, your level, and your preferences. You are encouraged to shop around.

Basic

Intermediate

Advanced

Monday

Freeing The Spirit

5:30 PM

Modern humans tend to lock up the spirit. Discover how to release it with these Qigong and Meditation techniques.

Athleticism: Very Easy

The Eighteen Lohan Hands

6:15 PM

Flow through many patterns per class, covering all 18 techniques quicker than usual.

Athleticism: Medium

Intermediate Tai Chi

7:00 PM

Learn individual Tai Chi patterns without worrying about memorizing each one. Anyone with 4 weeks of Tai Chi 101 may start attending this class.

Athleticism: Challenging

Tuesday

Beginner Qigong

5:30 PM

Every student should know these essential techniques from the famous Qigong set *The Eighteen Lohan Hands*.

Athleticism: Very Easy

Kung Fu Fitness

6:15 PM

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

Athleticism: Medium

Advanced Tai Chi

7:00 PM

Deepen your practice by learning the traditional Tai Chi Form. Anyone with 4 weeks of Tai Chi 201 may start attending this class.

Athleticism: Challenging

Wednesday

Sinew & Bone Qigong

5:30 PM

Reach deep into the "sinews & bones," bringing energy to the deepest level while also cultivating the spirit.

Athleticism: Very Easy

Weight Loss Qigong

6:15 PM

Learn Qigong exercises, Meditation techniques, and lifestyle tips for achieving and maintaining a healthy weight.

Athleticism: Medium

Beginner Tai Chi

7:00 PM

Do you still torture yourself at the gym? Why not learn an easy form of no-impact exercise that works on the body, the mind, and the spirit?

Athleticism: Medium

Thursday

Building Zen Relationships

5:30 PM

Do you need more Zen in your relationships? These Qigong & Meditation techniques will help you communicate better, listen better, and feel better.

Athleticism: Very Easy

Advanced Qigong Skills

6:15 PM

Learn how to send Qi to internal organs, how to induce a cosmic shower, and other advanced skills.

Athleticism: Medium

Pushing Hands

7:00 PM

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

Athleticism: Medium

Friday

Warrior Qigong

5:30 PM

Deepen your Qigong practice by building strength, vitality and internal power.

Athleticism: Medium

Classes are for Members only.

Memberships may be purchased online or at the studio.

Flowing Zen 101 is a prerequisite for all classes.

For more information please call:

(352) 672-7613

or visit

FlowingZen.com