



# May 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*

## The 18 Lohan Hands

6:15 PM

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

*Athleticism: Medium*

## Traditional Tai Chi

7:00 PM

Tai Chi is a complete system for health, flexibility, strength, character building, self defense, and spirituality. Beginners are welcome, but ask Sifu first.

*Athleticism: Challenging*

Tuesday

## The 9 Qigong Jewels

5:30 PM

Release pain and reverse the disease process with these 9 essential exercises.

*Athleticism: Very Easy*

## The 18 Arhat Arts

6:15 PM

These powerful qigong exercises holistically train flexibility, strength, balance, and internal force.

*Athleticism: Medium*

## Traditional Tai Chi

7:00 PM

Tai Chi is a complete system for health, flexibility, strength, character building, self defense, and spirituality. Beginners are welcome, but ask Sifu first.

*Athleticism: Challenging*

Wednesday

## Bone Marrow Cleansing

5:30 PM

Use the 9 Qigong Jewels at an advanced level to cleanse the skin, muscles, meridians, internal organs, and bones.

*Athleticism: Easy*

## The 9 Qigong Jewels

6:15 PM

Release pain and reverse the disease process with these 9 essential exercises.

*Athleticism: Very Easy*

## Traditional Tai Chi

7:00 PM

Tai Chi is a complete system for health, flexibility, strength, character building, self defense, and spirituality. Beginners are welcome, but ask Sifu first.

*Athleticism: Challenging*

Thursday

## Sinew Metamorphosis

5:30 PM

Over 1500 years ago, Bodhidharma taught these 12 powerful techniques to help the Shaolin monks reach their full potential.

*Athleticism: Easy*

## Cloud Hands Tai Chi

6:15 PM

Feel the flow with these super-easy Tai Chi techniques that anyone can learn.

*Athleticism: Medium*

## 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

## Special Classes

5:30 PM

This spot is reserved for special classes, which will be announced later. If there is no announcement, then there is no class.

*Athleticism: Varies*

*Classes are for Members only.*

*Membership plans 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.*