

Gainesville Class Schedule

(Starts September 4, 2012)

Mondays

Zen & Qigong

Let go of stress, enjoy a tranquil state of Zen, develop mental clarity, and cultivate the spirit.

The 18 Lohan Hands

Build health, vitality, flexibility, and balance as you learn all 18 of the Lohan Hands.

Advanced Tai Chi and Kung Fu

For serious Tai Chi Chuan and Shaolin Kung Fu students. By invite only.

Tuesdays

Cosmos Breathing

Breathe energy with your *dantian*, and be at one with the Cosmos.

The 9 Qigong Jewels

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

One Finger Zen

Discover my teacher's favorite technique – a powerful Qigong method usually reserved for Shaolin Kung Fu disciples.

Wednesdays

The 9 Qigong Jewels

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

Kung Fu Fitness

Kung Fu masters were fit, flexible, strong, and healthy – even into their 90s. Learn their secrets.

Warrior Qigong

Nothing builds Qi and Internal Power like these once-secret Qigong postures.

Thursdays

Bone Marrow Cleansing

Cleanse at 5 different levels: the skin, the muscles, the meridians, the organs, and the bones.

Easy Tai Chi

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

Tai Chi Applications

Make new friends, laugh, clear blockages, and have fun learning to use Tai Chi not only for defense, but for daily life.

Fridays

Sinew Metamorphosis

The Great Bodhidharma taught these 12 powerful Qigong exercises to help the Shaolin monks reach their full potential.

The Flowing Zen 101 Workshop is a prerequisite for all classes.

Beg. Class

Int. Class

Adv. Class

- Membership plans may be purchased online or at the studio.
- New students must take 5 beginner classes before trying any other classes.
- Ask Sifu Anthony if you are unsure about which classes to attend.

- You are encouraged to try different classes.
- You need NOT attend the same class each week.
- You need NOT pre-register for these classes. Just show up.