

# North Shore Tai Chi Spirit & Chinese Health Qigong

## April 2025 - July 2025

Location Abbreviations: HUC = Highlands United Church. LB = Lions Bay. NSNH = North Shore Neighbourhood House. NLUC = North Lonsdale United Church.

### HEALTH MAINTENANCE & MEDICAL QIGONG CLASSES - OPEN TO ALL

\*\* For Health Qigong, buy a drop-in or 4 pack anytime. No experience required. Pro-rated fees also available. \*\*

OPTION	DAY	LOCATIONS	NAME OF CLASS	Open to Newbies & Beginners?	DATES	TIMES	# CLASSES	FEES with tax	WEEKLY VIDEO TRAINING	Drop-Ins Available?	4 packs Available?
#1	Tuesday A.M.	Zoom Only	Rejuvenating Qigong	Yes, All levels Welcome	April 8th - July 8th	9:00am-9:55am	14	\$201.00	not available	Yes, anytime	Yes
#2	Saturday A.M.	HUC: In-Person and Live-On-Zoom	HUC: Awakening the Spirit Qigong	Yes, All levels Welcome	April 12th - July 12th	10:00am-10:55am	14	\$202.00	Sat Qigong Vids Add: \$39.00	Yes, anytime As space permits	Yes, anytime As space permits
#3	Sat + Tues COMBO	Sat: In-Person or Zoom at HUC + Tues: Live-On-Zoom	HUC: Sat + Tues Qigong COMBO	Yes, All levels Welcome	April 8th - July 12th	As per times above	28	\$364.00	Sat Qigong Vids Add: \$39.00	Yes, anytime	Yes

### TAI CHI CLASSES - OPEN TO ALL

\*\* Drop-In Options for Tai Chi options are only available for a limited time after the classes begin, and only at the beginning of a session. \*\*

\*\* Some Tai Chi classes will continue in April - July Session. \*\*

OPTION	DAY	LOCATIONS	NAME OF CLASS	Open to Newbies & Beginners?	DATES	TIMES	# CLASSES	FEES WITH TAX	WEEKLY VIDEO TRAINING	Drop-Ins Available?	4 packs Available?
#4	Tuesday A.M.	Lions Bay: In-Person	Lions Bay: Tai Chi Qigong Fusion	Yes, All levels Welcome	April 8th - June 24th	11:15am-12:15pm	12	Contact us	TBA	Contact us	TBA
#5	Thursday P.M.	NSNH: In-Person	NSNH: Tai Chi-Qigong Basics for Beginners	Yes, All levels Welcome	April 10th - June 26th	5:00pm-5:55pm	12	TBA	TBA	TBA	TBA

### TAI CHI CLASSES - OPEN TO RETURNING STUDENTS

\*\* These classes have been on-going and require experience in the form to join in \*\*

OPTION	DAY	LOCATIONS	NAME OF CLASS	Open to Newbies & Beginners?	DATES	TIMES	# CLASSES	FEES WITH TAX	WEEKLY VIDEO TRAINING	Drop-Ins Available?	4 packs Available?
#6	Wednesday P.M.	HUC: In-Person or Live-On-Zoom	HUC: Beginner Sword	Not available	April 9th- July 9th	4:30pm-5:25pm	14	\$218.00	Sword Videos Add: \$39.00	Not available	Not available
#7	Wednesday P.M.	HUC: In-Person or Live-On-Zoom	HUC: Beginner Chen Style	Not available	April 9th- July 9th	5:35pm-6:30pm	14	\$221.00	Chen Videos Add: \$39.00	Not available	Not available
#8	Wednesday COMBO	HUC: In-Person or Live-On-Zoom	HUC: Sword + Beginner Chen Tai Chi - COMBO	Not available	April 9th- July 9th	4:30pm-6:30pm	28	\$409.00	COMBO Videos Add: \$75.00	Not available	Not available
#9	Thursday A.M.	NLUC: In-Person	NLUC: Tai Chi + Qigong Fusion	Not available	April 10th - July 10th	9:00am-10:30am	14	\$255.00	Thurs AM Vids Add: TBA	Not available	Not available
#10	Thursday P.M.	NSNH: In-Person	NSNH: Tai Chi Qigong Interm-Adv Students	Not available	April 10th - June 26th	6:00pm-7:00pm	12	TBA	48 form Vids Add: \$39.00	Not available	Not available
#11	Saturday A.M.	HUC: In-Person or Live-On-Zoom	HUC: The 48 form Tai Chi-	Not available	April 12th - July 12th	8:45am-9:45am	14	\$210.00	Sat 48 form Vids Add: \$39.00	Not available	Not available