

North Shore Tai Chi Spirit & Chinese Health Qigong

APRIL - JULY 2024

Location Abbreviations: HUC = Highlands United Church. NSNH = North Shore Neighbourhood House. SASS = St. Andrews St. Stephens Presbyterian 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	Available for Newbies or Beginners?	DATES	TIMES	# CLASSES	FEEES WITH TAX	WEEKLY VIDEO TRAINING
#1	Saturday A.M.	HUC: In-Person and Live-On-Zoom	HUC: Awakening the Spirit Qigong	Yes, All levels Welcome	April 13- July 13	10:00am-10:55am	14	\$193.00	Sat Qigong Vids Add: \$42.00
#2	Tuesday A.M.	Zoom Only	HUC: Rejuvenating Qigong	Yes, All levels Welcome	April 16- July 9	9:00am-9:55am	13	\$180.00	not available
#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 13- July 13	As per times above	14+13=27	\$349.00	Sat Qigong Vids Add: \$42.00

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.

** If you have experience in tai chi and would like to join in a specific, please contact us by email or phone.

OPTION	DAY	LOCATIONS	NAME OF CLASS	Available for Newbies or Beginners?	DATES	TIMES	# CLASSES	FEEES WITH TAX	WEEKLY VIDEO TRAINING
#4	Saturday A.M.	HUC: In-Person or Live-On-Zoom	HUC: The 27 Tai Chi Short Form	Yes, All levels Welcome	April 13- July 13	8:45am-9:45am	14	\$199.95	Sat Qigong Vids Add: \$42.00
#5	Tuesday A.M.	Lions Bay: In-Person	Lions Bay: Tai Chi Qigong Fusion	Yes, All levels Welcome	April 16- July 9	11:15am-12:15pm	13	Contact us for details	not available
#6	Wednesday P.M.	HUC: In-Person or Live-On-Zoom	TBA	Yes, All levels Welcome	Starting in May	5:35pm-6:30pm	TBA	TBA	TBA
#7	Thursday P.M.	NSNH: In-Person	NSNH: Tai Chi for Beginners	Yes, All levels Welcome	April 18 - June 27	5:15pm-6:00pm	11	\$145.55	TBA
#8	Thursday P.M.	NSNH: In-Person	NSNH: Tai Chi Qigong Fusion for Intermediates	Yes, All levels	April 18 - June 27	6:15pm-7:15pm	11	\$147.95	TBA

FOR RETURNING STUDENTS IN ON-GOING CLASSES

** The classes listed below have been on-going. They are not open to new registrations.

OPTION	DAY	LOCATIONS	NAME OF CLASS		DATES	TIMES	# CLASSES	FEEES WITH TAX	WEEKLY VIDEO TRAINING
#9	Wednesday Evening	HUC: In-Person & Live-On-Zoom	HUC: Tai Chi Sword Review	On-Going Class	April 17- July 10	4:30pm-5:25pm	13	\$185.00	Sword Videos Add: \$39.00
#10	Wednesday Evening	HUC: In-Person & Live-On-Zoom	HUC: Chen Tai Chi Review + New Form	On-Going Class	April 17- July 10	5:35pm-6:30pm	13	\$186.00	Chen Videos Add: \$39.00
#11	Wednesday COMBO	HUC: In-Person & Live-On-Zoom	HUC: Sword + Chen for On-Going Students COMBO	On-Going Class	April 17- July 10	4:30pm-6:30pm	13+13=26	\$353.00	Sword+Chen Videos Add: \$70.00
#12	Thursday Morning	SASS: In-Person	SASS: Tradition Yang Style Tai Chi + Qigong	On-Going Class	April 18 - June 27	9:00am-10:30am	11	\$199.50	Yang Videos Add: \$42.00