

North Shore Tai Chi Spirit & Chinese Health Qigong

January - March 2026

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

CLASSES - OPEN TO ALL

OPTION	DAY	NAME OF CLASS	LOCATIONS	Open to Newbies & Beginners?	DATES	TIMES	# CLASSES	2026 Prices w/tax	WEEKLY VIDEO TRAINING	4 packs Available?	Drop-Ins Available?
#1	Tuesday A.M. New!	NLUC: Rejuvenating Qigong Plus Tai Chi Basics	New In-Person location: NLUC	Yes, All levels Welcome	January 6th - March 24th	9:00am-9:55am	12	\$175.00	TBA	Yes, 4 packs \$68.00 limited availability	\$20.00 limited availability
#2	Saturday A.M.	HUC: Awakening the Spirit Qigong	HUC: HYBRID: In-Person and Live-On-Zoom	Yes, All levels Welcome	January 10th - March 28th	10:00am-10:55am	12	\$177.00	Sat Qigong Vids Add: \$36.00	Yes, 4 packs \$68.00 limited availability	\$20.00 limited availability
#3	Tues + Sat COMBO	HUC: Sat + Tues Qigong COMBO	Sat: In-Person or Zoom at HUC + Tues: In-Person at NLUC	Yes, All levels Welcome	January 6th - March 28th	As per times above	24	\$336.00	Sat Qigong Vids Add: \$36.00	Not available	Not available