

# North Shore Tai Chi Spirit & Chinese Health Qigong

## WINTER OPTIONS

- \* Options for NEW STUDENTS are limited as certain classes have been on-going since September 2022. Many Newbie options will open up in April 2023.
- \* New Students should register early to reserve their spot In-Person and On Zoom. Limited In-Person spots are available.
- \* New Students can start and register anytime for Health Qigong classes on Tuesday or Saturday. Drop-In Options are available.
- \* All In-Person students get the option to switch to On-Zoom for any reason, which includes: Travelling, busy schedules, not feeling well.
- \* Most Tai Chi classes have training videos available for catch-up and practice at an extra fee.
- \* Fees in **RED** reflect a discounted fee for **COMBO** classes

### HEALTH MAINTENANCE QIGONG & TAI CHI CLASSES OPEN TO ALL

\* Classes #1-#5 are open to New and Returning Students.

Option	Open to ALL Students	Day	Name of Class	In-Person or Zoom	In-Person Location	Winter Dates	Times	# Classes	Fees with Tax	Video Training
#1	OPEN	Tuesday	Revuninating Qigong	Zoom Only	Zoom Only	Jan 3-March 28	9:00am-9:55am	13	\$159.90	not available
#2	OPEN	Saturday	Awakening the Spirit Qigong	Both Available In-Person & Zoom	In-Person at Highlands United Church	Jan 7-March 25	10:00am-10:55am	12	\$149.95	\$36.00
#3	OPEN	<b>Tues Q/Sat Q COMBO</b>	<b>Tues Qigong + Sat Qigong</b>	Both Available In-Person & Zoom	Tues: On Zoom Sat: In-Person at Highlands United Church	Jan 3-March 25	Tues: 9:00am-9:55am Sat: 10:00am-10:55am	13+12=25	<b>\$291.30</b>	Sat Only \$36.00
#4	OPEN	Tuesday	Fusion Lions Bay Tai Chi Qigong	In-Person Only	In-Person at Lions Bay Community Hall	Jan 10-March 28	11:15am-12:15pm	12	TBA	TBA
#5	OPEN	Thursday	Fusion NSNH Tai Chi Qigong	In-Person Only	In-Person at North Shore Neighbourhood House	Jan 12-March 16	6:15pm-7:15pm	10	\$128.40	not available

<b>COMBO SAVINGS</b>
<b>\$18.59</b>

### TAI CHI CLASSES - Suitable for returning students from Autumn Session

\* Only students enrolled in the September-December 2022 session may register for these classes. If you have previous experience please contact the Instructor .

Option	Closed to New Students	Day	Name of Class	In-Person or Zoom	In-Person Location	Winter Dates	Times	# Classes	Fees with Tax	Video Training
#6	CLOSED	Wednesday	Wednesday Chen	Both Available In-Person & Zoom	In-Person at Highlands United Church	Jan 4-March 29	4:45pm-5:40pm	13	\$176.75	\$39.00
#7	CLOSED	Wednesday	Taiji Fan - 33 form	Both Available In-Person & Zoom	In-Person at Highlands United Church	Jan 4-March 29	5:50pm-6:50pm	13	\$176.75	\$39.00
#8	CLOSED	Thursday	Yin Yang Tai Chi 26 form+Qigong	In-Person Only	In-Person at SASS Presbyterian Church	Jan 5-March 30	9:00am-10:30am (1.5 hour class)	13	\$218.08	\$20.00
#9	CLOSED	Saturday	108 Tai Chi Part 2-3 Traditional Yang	Both Available In-Person & Zoom	In-Person at Highlands United Church	Jan 7-March 25	8:45am-9:45am	12	\$156.75	\$36.00

### COMBO CLASSES - Suitable to returning students from Autumn Session

\* Only students enrolled in the September-December 2022 session may register for these classes. If you have previous experience please contact the Instructor .

Option	Closed to New Students	Day	Name of Class	In-Person or Zoom	In-Person Location	Winter Dates	Times	# Classes	Fees with Tax	Video Training
#10	CLOSED	<b>Tues/Thurs COMBO</b>	<b>Tues Qigong + Thurs Yin Yang Tai Chi/Qigong</b>	Tues: On Zoom Thurs: In-Person Only	Tues: On Zoom Thurs: In-Person at SASS Presbyterian	Jan 3-March 26	Tues: 9:00am-9:55am Thurs: 9:00am-10:30am	13+13=26	<b>\$355.50</b>	YY Only \$20.00
#11	CLOSED	<b>Tues/Sat COMBO</b>	<b>Tues Qigong + Sat 108 Tai Chi</b>	Both Available In-Person & Zoom	Tues: On Zoom Sat: In-Person at Highlands United Church	Jan 3-March 25	Tues: 9:00am-9:55am Sat: 8:45am-9:55am	13+12=25	<b>\$297.75</b>	108 Only \$36.00
#12	CLOSED	<b>Wednesday COMBO</b>	<b>Wed Chen + Wed Fan</b>	Both Available In-Person & Zoom	In-Person at Highlands United Church	Jan 4-March 29	4:45pm-7:00pm	13+13=26	<b>\$332.45</b>	Chen \$36.00 Fan \$36.00
#13	CLOSED	<b>Thurs/Sat COMBO</b>	<b>Thurs Yin Yang Tai Chi/Qigong + Sat 108 Tai Chi</b>	Thurs: In-Person Only Sat: In-Person & Zoom	Thurs: In-Person Only at SASS Presbyterian Church. Sat: In-Person at Highlands United Church	Jan 5-March 25	Thurs: 9:00am-10:30am Saturday: 8:45am-9:45am	13+12=25	<b>\$352.50</b>	YY \$20.00 108 \$36.00
#14	CLOSED	<b>Sat/Sat COMBO</b>	<b>Sat 108 Tai Chi + Sat Qigong</b>	Both Available In-Person & Zoom	Both Saturday classes at Highlands United Church	Jan 7-March 25	Saturday: 8:45am-9:45am Saturday: 10:00-10:55am	12+12=24	<b>\$287.75</b>	108 \$36.00 SatQ \$36.00

<b>COMBO SAVINGS</b>
<b>\$22.69</b>
<b>\$19.00</b>
<b>\$21.21</b>
<b>\$22.50</b>
<b>\$18.40</b>

#### LOCATIONS:

- \* Highlands United Church  
3255 Edgemont Boulevard, North Vancouver
- \* St. Andrews St. Stephens Presbyterian Church, also known as SASS  
2641 Chesterfield Avenue, North Vancouver
- \* North Shore Neighbourhood House, also known as NSNH  
225 East 2nd Street, North Vancouver
- \* Lions Bay Village Community Hall  
400 Centre Road, Lions Bay
- \* Live-On-Zoom