

# North Shore Tai Chi Spirit & Chinese Health Qigong

## January - March 2024

### HEALTH MAINTENANCE & MEDICAL QIGONG CLASSES

Starting in January 2024, for all levels, including Newbies

\*\* Drop-In Anytime between January - March 2023 for any Qigong class. No experience required. Pro-rated Options are available. 4-packs also available.

OPTION	DAY	LOCATIONS	NAME OF CLASS	Available for Newbies or Beginners?	DATES	TIMES	# CLASSES	FEEES WITH TAX	WEEKLY VIDEO TRAINING
#1	Saturday Morning	Highlands United Church, both In-Person and Live-On-Zoom	HUC: Awakening the Spirit Qigong	Yes, All levels Welcome	Jan 6- March 30	10:00am-10:55am	13	\$179.00	Sat Qigong Vids Add: \$39.00
#2	Tuesday Morning	Zoom Only	HUC: Rejuvenating Qigong	Yes, All levels Welcome	Jan 9- March 26	9:00am-9:55am	12	\$165.00	not available
#3	Sat -Tues COMBO	Sat: In-Person or Zoom at Highlands Tues: Live On Zoom	HUC: Sat +Tues Qigong Combo	Yes, All levels Welcome	Jan 6- March 26	As per times above	13+12 =25	\$323.00	Sat Qigong Vids Add: \$39.00

### TAI CHI CLASSES ONLY

Starting in February 2024, for all levels, including Newbies

\*\* 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, 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	Thursday Morning	In-Person at SASS	NEW Session: SASS Tai Chi Qigong Fusion suitable for Newbies	Yes, All levels Welcome	Feb 1- March 28	9:00am-10:30am 1.5 hours	9	\$164.50 1.5 hour class	TBA
#5	Thursday Evening	In-Person at NSNH	NEW Session: NSNH Tai Chi suitable for all levels	Yes, All levels Welcome	Feb 1- March 14	5:15pm-6:00pm	7	\$92.75	TBA
#6	Thursday Evening	In-Person at NSNH	New Session: NSNH Tai Chi Qigong Fusion	Yes, All levels Welcome	Feb 1- March 14	6:15pm-7:15pm	7	\$94.50	TBA
#7	Tuesday Morning	In-Person in Lions Bay	New Lions Bay Tai Chi Qigong Fusion	TBA	Feb 6- March 26	11:15am-12:15pm	8	contact us for details	TBA