

October 2021 Tai Chi & Health Qigong Online Class Schedule

<u>Monday</u> <i>Oct 4 – Nov 1</i> No classes on Oct 11	<u>Wednesday</u> <i>Oct 6 – Nov 3</i> No classes on Oct 13	<u>Friday</u> <i>Oct 8 – Oct 29</i>	<u>Saturday</u> <i>Oct 9 – Oct 30</i>
<u>7:00 – 8:00 pm</u> Wu Style Tai Chi Master Luo	<u>7:00 - 8:00 pm</u> Yang Style Tai Chi Master Gu	<u>7:00 – 8:00 pm</u> Hao Style Tai Chi Master Luo	<u>7:30 – 8:30 pm</u> Health Qigong Taiji Stick Health preservation Exercises 太极养生杖 Master Gu
<u>8:10 – 9:10 pm</u> Chen Style Tai Chi 2 nd form – Cannon Fist Master Luo	<u>8:10 – 9:10 pm</u> Chen Style Compulsory Sword Master Gu	<u>8:10 - 9:40pm</u> Sept. 10 – Nov. 26 Tai Chi Push Hands \$195 Master Luo	

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| Fee per person | Option A | \$49 for one course (4 lessons) | B | \$90 for two courses (8 lessons) |
| | C | \$110 for three courses (12 Lessons) | D | \$130 for four courses (16 lessons) |
| | E | \$150 for all courses (up to 24 lessons) | | |

Push Hands class is excluded