November 2021 Tai Chi & Health Qigong Online Class Schedule

Monday	Wednesday	<u>Friday</u>	<u>Saturday</u>
Nov 8 – Nov 29	Nov 10 – Dec 8	Nov 5 – Nov 26	Nov 6 – Nov 27
	Classes on Nov 24 moved to Nov 23		
	No classes on Dec 1.		
<u>7:00 – 8:00 pm</u>	<u>7:00 - 8:00 pm</u>	<u>7:00 – 8:00 pm</u>	<u>7:30 – 8:30 pm</u>
			Health Qigong
Wu Style Tai Chi	Yang Style Tai Chi	Hao Style Tai Chi	Taiji Stick Health preservation
			Exercises
Master Luo	Master Gu	Master Luo	太极养生杖
	master ou		Master Gu
8:10 - 9:10 pm	8:10 – 9:10 pm	8:10 - 9:40pm	
Chen Style Tai Chi	Chen Style Compulsory	Sept. 10 – Nov. 26	
2 nd form – Cannon Fist	Sword	Tai Chi Push Hands	
		\$195	
Master Luo	Master Gu	Master Luo	

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