

January 2022 Tai Chi & Health Qigong Online Class Schedule

Monday <i>Jan 3 – Jan 24</i>	Wednesday <i>Jan 5 – Jan 26</i>	Friday <i>Jan 7 – Jan 28</i>	Saturday <i>Jan 8 – Jan 29</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> Dec 3 – Mar 4 (No classes on Dec 24 & 31) Tai Chi Push Hands \$195 Master Luo	

Fee per person	Option A	\$55 for one course (4 lessons)	B	\$95 for two courses (8 lessons)
	C	\$115 for three courses (12 Lessons)	D	\$135 for four courses (16 lessons)
	E	\$150 for all courses (up to 24 lessons)		

Push Hands class is excluded