

SUMMER 2010 CLASS SCHEDULE

Greeting Tai Chi & Qigong enthusiasts! One great way to enjoy spring and summer mornings is to do Tai Chi or Qigong in your back yard or on the beach! Another great way to celebrate Tai Chi and Qigong is in our AIR CONDITIONED STUDIO. So indoors or out, a.m. or p.m., we hope you will get involved or stay involved with Tai Chi or Qigong this summer.

New Summer Classes

At 500 Forest Ave, Portland

Tues. 6:50 pm Baigua Zhang 7/13-9/21 10 wks

Wed. 5:30 pm Soaring Crane Qigong 7/14-9/8 8 wks

Thur. 10:30 am Qigong for Health 7/15-9/2 8 wks
OPEN ENROLLMENT, BEGINNERS WELCOME ANYTIME

Thur. 6:50 pm Qigong for Health 7/15-9/2 8 wks
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For more info call: 780-9581

Fees:

New classes
8 wk class- \$90
10 wk class \$115

Continuing classes:
July 1st - Sept. 15th- \$130



www.fullcirclesynergy.com

Continuing Classes

At 500 Forest Ave, Portland

Mon. 5:30 pm Form 1: section 3 7/5- 9/13

Mon. 5:30 pm Form 2: deepening whole-body integration 7/5- 9/13

Mon. 6:50 pm Push Hands 7/5- 9/13

Mon. 8:00 pm Tai Chi Sword 7/5- 9/13

Tues. 5:30 pm Form 1: section 3 7/6-9/14

Wed. 5:30 pm Form 1: section 4 7/7-9/15

Thurs. 9:00 am Form 2: Qi: rooted/generated/directed/expressed 7/1-9/9

Thurs. 12 noon Form 1: section 3 7/1-9/9

Thurs. 5:30 pm Form 1: section 2 7/1-9/9

Thurs. 5:30 pm Form 2: breathing & review 7/1-9/9

At UU Church - Yarmouth

Tues. 10:20 am Form 1: section 3 7/6-9/14

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