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 chunjiinyogataichi

Weekly Class Schedule

GTA	SUN	MON	TUE	WED	THU	FRI	SAT
10 ~ 11:00 am	Qi Gong & Tai Chi	Private Session					Workshops
PM	Workshops						
7:30 ~ 8:40 pm				Detox & Chakra Yoga		Tao Rhythm Meditation	

* Tentative schedule for classes & instructors; subject to change

2019 April							2019 May							2019 June							<div style="border: 1px solid black; padding: 5px; text-align: center;"> Notice </div> <p>No Classes:</p> <p>April: Apr 3, Apr 28 May: May 31 June: Jun 2, Jun 14</p>
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6				1	2	3	4							1	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	
														30							

Introductory Mini Workshops

Qi Healing for Joints & Bones Health



Not only for people who have the Arthritis. It is a preventative measure. More people are exposed to a lot of stress so the immune system gets weaker, and although medical science has improved, people have more of Bone & Joints issues.

Feb 23 (Sat), 2 pm to 4 pm
Fee: \$60 + HST 13%

Five Organs Harmonizing Healing



Most of your physical health depends on the condition of your five organs. The key phrase for health is 'harmonious balance'. Traditionally in the orient, there are some principles related to the five organs, such as yin and yang, and the five elements.

Mar 23 (Sat), 2 pm to 4 pm
Fee: \$60 + HST 13%

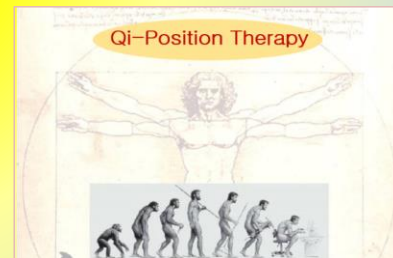
Qi-Energy Circulation Meditation



This is a meditation focusing on energy circulating throughout whole body, especially the conception and governor meridians.

Apr 20 (Sat), 2 pm to 4 pm
Fee: \$60 + HST 13%

Qi-Position Therapy



Incorrect posture creates tension in your muscles and in your skeletal structure, causing suppression to the flow of energy and blood. This, in turn, makes it difficult to control our breathing and concentration of consciousness.

May 25 (Sat), 2 pm to 5:30 pm
Fee: \$100 + HST 13%