



December, 2019

bodyandbrainhealing.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 10:00 am TRHM	7 10:00 am BSY
8 No Class	9 10:00 am DY 6:00 pm DY	10 10:00 am TC 6:00 pm KG 7:30 pm TC	11 10:00 am CY 6:00 pm CY 7:30 pm SEE	12 10:00 am TC 6:00 pm TC	13 10:00 am TRHM	14 10:00 am BSY
15 No Class	16 10:00 am DY 6:00 pm DY	17 10:00 am TC 6:00 pm KG 7:30 pm TC	18 10:00 am CY 6:00 pm CY 7:30 pm SEE	19 10:00 am TC 6:00 pm TC	20 10:00 am TRHM	21 10:00 am BSY
22 No Class	23 10:00 am DY 6:00 pm DY	24 10:00 am TC Last day of doing Exercise	25	26	27	28
29	30	31				

Notes

DY: Detox Yoga / CY: Chakra Yoga / TC: Tai Chi / BSY: Bo Staff Yoga / KG: Ki Gong
 SEE: Sword Energy Exercise / TRHM: Tao Rhythm Healing Meditation
 (tentative schedule for classes & instructors; subject to change)

Introductory Mini Workshops

- QHJ** (Qi Healing for Joints & Bones Health) \$60 + 13% HST
=> TBD
- FOH** (Five Organs Harmonizing Healing) \$60 + 13% HST
=> TBD
- KCM** (Ki-energy Circulation Meditation) \$60 + 13% HST
=> TBD
- QPT** (Qi-Position Therapy) \$100 + 13% HST
=> TBD

Twelve Meridian Healing Training (12 MT)

Twelve Meridian Exercises and Symptomatic Healing
 Hands Methods for healing your family and friends.

When: TBD
 Fee: \$450+13%

Awakening Courses

AM (Awakening Mastership)

Awakening our body sensitivity for Mastership

When: TBD
 Location: West Centre
 Fee: \$180 + 13% HST



ATN (Awakening True Nature)

Break down your preconceptions to find your True Nature

When: TBD
 Location: East Centre
 Fee: \$280 + 13% HST



ATL (Awakening True Life)

Questioning & Answering deep within to find the true life

When(3 days): TBD
 Location: West Centre
 (or Retreat Centre)
 Fee: \$540 + 13% HST



TTT (The Tao Tree) : Chun-Bu-Kyung Healing Meditation

*When: TBD @ West Centre

*Join us : www.meetup.com/The-Tao-Tree/

