

# Tao Space Live: Spring 2022 Schedule

April 5 - May 29 (8-week Session)

Classes with Master Frantzis
  Classes with Senior Instructors
  Online only
  Guided practices

<b>Tue</b>	<b>Foundational Qigong</b> <b>Guided Practice</b> Katie 9:00 - 9:45 am MT	<b>Wu Style Long Form</b> <b>Review &amp; Practice</b> Craig Barnes 5:30 - 6:30 pm MT	<b>Bagua Walking and</b> <b>Energy Postures</b> Master Frantzis 6:30 - 7:30 pm MT	<b>Taoist</b> <b>Meditation</b> Master Frantzis 7:30 - 8:00 pm MT
<b>Wed</b>	<b>Taoist Yoga</b> <b>Guided Practice</b> Alexandra 9:00 - 9:45 am MT	<b>Gods Qigong</b> German w/ English trans (Online only) Elisabeth Wörsing & Ralph Heber 12:30 - 1:30 pm MT (8:30 - 9:20 pm CET)		
<b>Thu</b>	<b>Gods Qigong</b> <b>Guided Practice</b> German w/ English trans (Online only) Elisabeth Wörsing & Ralph Heber 12:30 - 1:00 pm MT (8:30 - 9:00 pm CET)			
<b>Fri</b>	<b>Heaven and Earth</b> <b>Qigong</b> <b>Guided Practice</b> Maylis 9:00 - 9:30 am MT	<b>Wu Style Mini Form</b> <b>Guided Practice</b> Maylis 9:30 - 10:00 am MT	<b>Bagua Walking and</b> <b>Energy Postures</b> <b>Guided Practice</b> Xander 10:00 - 10:30 am MT	
<b>Sat</b>	<b>Foundational Qigong</b> <b>(Level 3)</b> Paul Cavel 9:00 - 10:00 am MT	<b>Wu Style Tai Chi</b> <b>Long Form</b> Master Frantzis 10:00 - 11:30 am MT	<b>Heaven and Earth</b> <b>Qigong</b> Craig Barnes 1:00 - 2:00 pm MT	<b>Taoist Meditation</b> <b>Review &amp; Practice</b> Craig Barnes 2:00 - 2:30 pm MT
<b>Sun</b>	<b>Bagua CW, SPC</b> <b>Review &amp; Practice</b> Paul Cavel 9:00 - 10:00 am MT			
<b>Closed Monday</b>				

# Instructor Schedule

## Instruction by Master Bruce Frantzis

### **Tuesday**

6:30-7:30 pm Bagua Energy Postures

7:30-8:00 pm Taoist Meditation

### **Saturday**

10:00-11:30 am Wu Style Tai Chi Long Form

## Instruction by Senior Instructors

### **Tuesday**

5:30-6:30 pm Wu Style Tai Chi Long Form Review and Practice, **Craig Barnes**

### **Wednesday**

12:30-1:20 pm Gods Qigong (online only), **Elisabeth Wörsing & Ralph Heber**

### **Thursday**

12:30-1:20 pm Gods Qigong Review and Practice (online only), **Elisabeth Wörsing & Ralph Heber**

### **Saturday**

9:00-10:00 am Foundational Qigong (Level 3), **Paul Cavel**

1:00-2:00 pm Heaven and Earth Qigong, **Craig Barnes**

2:00-2:30 pm Taoist Meditation Review and Practice, **Craig Barnes**

### **Sunday**

9:00-10:00 pm Bagua Energy Postures Review and Practice, **Paul Cavel**

## Guided Practice Led by Faculty Instructors

### **Tuesday**

9:00-9:45 am Foundational Qigong, **Katie**

### **Wednesday**

9:00-9:45 am Taoist Yoga, **Alexandra**

### **Friday**

9:00-9:30 am Heaven and Earth Qigong, **Maylis**

9:30-10:00 am Wu Style Tai Chi Mini Form, **Maylis**

10:00-10:30 pm Bagua Walking and Energy Postures, **Xander**