

ENERGY ARTS LIVE: LATE SUMMER SESSION JULY 26 - AUGUST 27 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p style="text-align: center;">WU STYLE TAI CHI* Beginning to Single Whip 9:00-10:15 am</p>	<p style="text-align: center;">DAOIST YOGA Guided Practice 9:00-9:45 am</p>	<p style="text-align: center;">BAGUA* Unification Exercises 9:00-10:00 am</p>	<p style="text-align: center;">DAOIST YOGA Guided Practice 9:00-9:45 am</p>	<div style="background-color: #ffff00; padding: 5px; text-align: center; margin-bottom: 5px;"> <p style="text-align: center;">XING YI* Five Element Fists 10:00-11:00 am</p> </div> <div style="background-color: #add8e6; padding: 5px; text-align: center; margin-bottom: 5px;"> <p style="text-align: center;">XING YI* Five Element Fists REVIEW 11:00-12:00</p> </div> <div style="background-color: #ffff00; padding: 5px; text-align: center;"> <p style="text-align: center;">MEDITATION* Methods of Lao Tzu 12:00-12:30 pm</p> </div>	
	<p style="text-align: center;">DRAGON & TIGER QIGONG 6:30-7:30 pm</p>		<p style="text-align: center;">FOUNDATIONAL QIGONG* Level 3 6:30-7:30 pm</p>			

Classes with
Master Frantzis

Classes with
Senior Instructors

Guided Practices

*Indicates live, pre-recorded-broadcasts. Shown online and on large screen in the Center at scheduled times