

ENERGY ARTS LIVE: FALL SESSION

SEPTEMBER 6 - OCTOBER 29 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>DRAGON & TIGER QIGONG Guided Practice 9:00-9:45 am</p>	<p>DAOIST BREATHING Guided Practice 9:00-9:45 am</p>			<p>DAO YOGA Guided Practice 9:00-9:45 am</p>	<p>WU STYLE TAI CHI Long Form Beginners 10:00-11:00 am</p>
		<p>FOUNDATIONAL QIGONG 3* 12:30-1:30 pm</p>	<p>FOUNDATIONAL QIGONG 3* Review 12:30-1:00 pm</p>		<p>WU STYLE TAI CHI LONG FORM 11:00-12:30 pm</p>	
	<p>Gods Playing in the Clouds QIGONG Review 6:00-6:30 pm</p>	<p>FOUNDATIONAL QIGONG Guided Practice 6:00-6:30 pm</p>	<p>Gods Playing in the Clouds QIGONG 6:00-7:00 pm</p>		<p>DAOIST MEDITATION 12:30-1:00 pm</p>	
	<p>WU STYLE TAI CHI LONG FORM 6:30-8:00 pm</p>	<p>Heaven and Earth QIGONG Level 1 6:30-7:30 pm</p>	<p>Wu Style Tai Chi Long Form Review 7:00-8:00 pm</p>			

Classes with
Master Frantzis

Classes with
Senior Instructors

Guided Practices
with Certified Instructors

*Online Only
Broadcast live from Germany