

# ENERGY ARTS LIVE: WINTER SESSION 2023

January 10th - March 4th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>HEAVEN and EARTH QIGONG Guided Practice 9:00-9:30 am</p>			<p>DAOIST BREATHING Guided Practice 9:00-9:30 am</p>	<p>DRAGON &amp; TIGER QIGONG 10:00-11:00 am</p>	
					<p>BA GUA** 11:00 am-12:00 pm</p>	
	<p>DRAGON &amp; TIGER QIGONG 6:00-7:00 pm</p>	<p>XING YI* Linking Form 6:00-7:00 pm</p>	<p>HEAVEN and EARTH QIGONG* 5:30-6:30 pm</p>		<p>XING YI* Linking Form Review and Practice 1:00-1:45 pm</p>	
	<p>WU STYLE TAI CHI* Postures 7:00-8:00 pm</p>		<p>WU STYLE TAI CHI** Review and Practice 6:30-7:30 pm</p>			

Classes with Master Frantzis

Classes with Instructors

Guided Practices

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

\*\*Indicates in-person only. Taught live at the Center.