

ENERGY ARTS LIVE: SPRING SESSION 2023

March 28th - May 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>School Closed</i>	FOUNDATIONAL QIGONG Practice - Alden 10:00-10:30 am			DAOIST BREATHING Practice - Katie 10:00-10:30 am	YANG STYLE TAI CHI Master Frantzis 10:00-11:00 am	<i>School Closed</i>
		DAOIST YOGA Practice - Majlis 11:15-12:00 pm			BAGUA WATER PALM Master Frantzis 11:00-12:00 pm	
		HEAVEN & EARTH QIGONG R. Heber / E. Wörsing 12:30 - 1:30 pm	HEAVEN & EARTH Practice R. Heber / E. Wörsing 12:30 - 1:00 pm		DAOIST MEDITATION Master Frantzis 12:00-12:30 pm	
				BRUCE'S MASTER CLASS		
	DRAGON & TIGER QIGONG Craig Barnes 6:00-7:00 pm	YANG STYLE TAI CHI REVIEW Craig Barnes 6:00-7:00 pm (Begin Apr 5)	CIRCLING HANDS Craig Barnes 6:00-6:30 pm	(In-person only) Master Frantzis 3:00-4:00 pm		
	MEDITATION Craig Barnes 7:00-7:30 pm	BAGUA WATER PALM REVIEW Craig Barnes 7:00 - 8:00 pm (Begins Apr 5)	Craig Barnes 6:30-6:45 pm In-Person Practice 6:45-7:30 pm			