

ENERGY ARTS LONGMONT, CO CLASSES: FALL SESSION 2025

September 9 - November 15th

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DRAGON & TIGER QIGONG PRACTICE Energy Arts Instructors 10:00 - 10:30 am			DAOIST BREATHING Katie Keane 10:00 - 10:30 am	2nd & 3rd SWINGS OF ENERGY GATES QIGONG Senior Instructor Craig Barnes 10:00 - 11:00 am	
HEAVEN & EARTH QIGONG PRACTICE Energy Arts Instructors 10:30 - 11:00 am					MASTER CLASS Master Frantzis 11:00 - 12:00 pm
					DAOIST MEDITATION Master Frantzis 12:00 - 12:30 pm
SAN TI STANDING Master Frantzis 6:00 - 7:00 pm		ENERGY GATES QIGONG Senior Instructor Craig Barnes 6:00 - 7:00 pm (In-Person Only)			
BAGUA Senior Instructor Craig Barnes 7:00 - 8:00 pm (In-Person Only)		COMMUNITY PRACTICE All Are Welcome 7:00 - 8:00 pm (In-Person Only)			

****Additional Classes Available Online: Tai Chi for Knee Health, Daoist Meditation Presence Practices, and Unifying the Body & Limbs****