

2010 Personal Mastery Class Schedule

JANUARY 2010 (completion of the course from 2009)					
Date and location		Time	Course	# of Hrs.	Credit Hrs.
12, 19, 26, Fraser Studios	Tuesday	8-9:30pm	Vipassana (and qigong)	1 each	3
12, Fraser Studios	Tuesday	7-8pm	Push Hands	1	1
19, Fraser Studios	Tuesday	7-8pm	Combat	1	1
28, Fraser Studios	Thursday	6-9pm	Ageless Wisdom Spirituality	3	3
FEBRUARY 2010 (new 5 month course begins)					
Date and location		Time	Course	# of Hrs.	Credit Hrs.
9, 16, Fraser Studios	Tuesday	8-9:30pm	Intro to Vipassana	1.5 each	3
23, Fraser Studios	Tuesday	8-9:30pm	Vipassana (and qigong)	1	1
1, 8, 22, Fraser Studios	Monday	7:00-9:30 pm	Medical Qigong A, 13wks	2.5	7.5
18, Fraser Studios	Thursday	7-9pm	Enneagram of Personality	2	2
MARCH 2010					
Date and location		Time	Course	# of Hrs.	Credit Hrs.
1, 8, 15, 22, 29, Fraser Studios	Monday	7:00-9:30 pm	Medical Qigong A, 13wks	2.5 each	12.5
9, 16, 23, 30, Fraser Studios	Tuesday	8-9:30pm	Vipassana (and qigong)	1 each	4
APRIL 2009					
Date and location		Time	Course	# of Hrs.	Credit Hrs.
12, 19, 26, Fraser Studios	Monday	7:00-9:30 pm	Medical Qigong A, 13wks	2.5 each	7.5
13, 20, 27, Fraser Studios	Tuesday	7-8pm	Push Hands	1 each	3
13, 20, 27, Fraser Studios	Tuesday	8-9:30pm	Vipassana (and qigong)	1 each	3
MAY 2010					
Date and location		Time	Course	# of Hrs.	Credit Hrs.
3, 10, Fraser Studios	Monday	7:00-9:30 pm	Medical Qigong A, 13wks	2.5 each	5
11, Fraser Studios	Tuesday	7-8pm	Push Hands	1 each	1
18, 25, Fraser Studios	Tuesday	7-8pm	Combat	1 each	2
14-16, Harmony Dawn	Fri-Sun	all weekend	Vipassana Retreat	16	16
JUNE 2010					
Date and location		Time	Course	# of Hrs.	Credit Hrs.
8,15, Fraser Studios	Tuesday	7-8pm	Combat	2	2
to be set			Ageless Wisdom Spirituality	3	3
TAI CHI CHUAN					
				# of Hrs. required	Credit Hrs.
For Tai Chi classes, see the regular class schedule.				20	20
TOTAL CONTACT/INSTRUCTIONAL HOURS					100

Personal study or additional class practice hours: 100 Total course hours: 200