



TAI CHI AND MEDITATION CENTRE

www.powerofbalance.com

Fall 2010, **January-March** CALENDAR

416-465-6122

REGULAR CLASS SCHEDULE:

MONDAY	12:00-1:00pm	Tai Chi Chuan Level 2	Shifu Oliver	Continues	Kokoro Dojo
TUESDAY	6:00-7:00pm	Hsing I Chuan, Pa Kua Chang <i>every Tuesday except the first Tuesday of each month</i>	Shifu James	Beginners start anytime	Fraser Studios
	7:00-8:00pm	Push Hands & Self-defence <i>*every Tuesday except the first Tuesday of each month</i>	Shifu James	Beginners start anytime	Fraser Studios
	8:00-9:30pm	Chi Kung/Meditation <i>*every Tuesday except the first Tuesday of each month</i>	Jeff Willis	Beginners start anytime	Fraser Studios
	7:00-8:30pm	Instructors Class	Shifu James	the first Tuesday of each month	Fraser Studios
WEDNESDAY	6:00-7:00pm	Tai Chi Chuan Level 2	Suzanne Taka	Continues	Fraser Studios
	7:00-8:00pm	Tai Chi Chuan Level 1	Suzanne Taka	Continues	Fraser Studios
	8:30-9:30pm	Intro to Tai Chi Chuan	Suzanne Taka	Begins Jan 6	Fraser Studios
THURSDAY	1:00-2:00pm	Tai Chi Chuan Level 2	Suzanne Taka	Continues	Fraser Studios
	5:45-6:45pm	Tai Chi Chuan all Levels	Shifu Oliver	Beginners start anytime	Kokoro Dojo
	6:45-7:45pm	Tai Chi Chuan	Shifu Oliver <i>Advanced, Chen and applications</i>	Continues	Kokoro Dojo
SATURDAY	10:00-11:00am	The Chi Kung Workout	Sheila Furness	Beginners start anytime	Fraser Studios
	11:15-12:15pm	Intermediate Wudang Qigong	Sheila Furness	Continues	Fraser Studios
	12:30-1:30pm	Tai Chi Chuan Level 2	Suzanne Taka	Continues	Fraser Studios
	2:00-3:00pm	Intro to Tai Chi Chuan	Suzanne Taka	Begins Jan 9	Fraser Studios

See the schedule online for the full list of courses.

***Classes will be closed on regular holidays, check with your instructor. Please pre-register!**

CLASS CARD FEES:

BRONZE, any 4 classes per month, \$55. **SILVER**, any 8 classes per month, \$85. **GOLD**, unlimited classes per month, \$110. All of the above classes require card or single class payments of **\$15 per class**.

Cards expire 1 month from date of purchase. Prices include GST unless otherwise specified.

All payments are **non-refundable** unless the class is cancelled. Please call or email to register to ensure the class is on.

Medical Qigong Level A

Monday, February 1, 2010, 7:00-9:30 p.m. 13 weeks. Fraser Studios, \$585.00.

Medical Qigong Level A Review

Friday, January 15, 2010, 6:30-8:30pm. Location Fraser Studios, \$30.00

RETREATS:

Harmony Dawn Retreat Centre: *Insight Meditation & Qigong Retreat*

Weekend: May 14 - 16, 2010 \$335 (+ 5% GST) **Whole week:** May 14 - 21 2010 \$885 (+ 5% GST)
With Shifu Andy James

PERSONAL MASTERY PROGRAM

Check out the website to download the schedule and see our special offer.

PERSONAL MASTERY WORKSHOP: INTRODUCTION TO VIPASSANA

Tuesday, February 9, 2010, 8-9:30pm

PERSONAL MASTERY WORKSHOP: ENNEAGRAM

Thursday, February 18th, 7-9pm. Fraser Studios: \$35.00

PERSONAL MASTERY WORKSHOP: AGELESS WISDOM SPIRITUALITY

Thursday, January 28th, 6-9pm. Fraser Studios: \$50.00

Locations:

Fraser Studios: 115 Danforth Avenue, Suites C and D (just east of Broadview subway station)

Kokoro Dojo: 358 Dupont Street, just west of Spadina (Dupont subway station)