



TAI CHI AND MEDITATION CENTRE

www.powerofbalance.com
Fall 2008, **October-December** CALENDAR
416-465-6122

REGULAR CLASS SCHEDULE:

MONDAY	12:00-1:00pm	Tai Chi Chuan Level 1	Shifu Oliver	Continues to December 15	Kokoro Dojo	
	6:00-7:00pm	Push Hands	Colin Outram	Beginners start anytime	Fraser Studios	
	7:00-8:00pm	Intro to Tai Chi Chuan	Colin Outram	Continues	Fraser Studios	
	8:00-9:30pm	Insight Meditation	Colin Outram	Beginners start anytime	Fraser Studios	
TUESDAY	6:00-7:00pm	Pa Kua Chang	Shifu James	Beginners start anytime	Fraser Studios	
	7:00-8:00pm	Push Hands & Self-defence	Shifu James	Beginners start anytime	Fraser Studios	
	7:00-8:30pm	Instructors Class	Shifu James	every Tuesday except the first Tuesday of each month, <i>all classes end November 25th</i> 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	Beginners start October 1	Fraser Studios	
THURSDAY	1:00-2:00pm	Tai Chi Chuan Level 2	Suzanne Taka	Continues	Fraser Studios	
	5:45-6:45pm	Tai Chi Chuan	Shifu Oliver	Beginners start anytime	Kokoro Dojo	
	6:45-7:45pm	Tai Chi Chuan	Shifu Oliver	Beginner and Advanced Forms Advanced, Chen and applications	Continues to December 18	Kokoro Dojo
	7:30-8:30pm	Chi Kung	Jeff Willis	Continues	Friends of the Heart	
	8:30-10:00pm	Insight Meditation	Jeff Willis	Continues	Friends of the Heart	
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	Beginners start October 4	Fraser Studios	

*Classes will be closed on regular holidays, October 13, and December 22 - January 4. Check with your instructor for other closures.

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.

Retreats:

Harmony Dawn Retreat Centre: www.harmonydawn.com

Insight Meditation & Qigong Retreat With Shifu Andy James

Weekend – Oct 10 - 12, 2008 \$335 (+ 5% GST) Whole week – Oct 10 - 17, 2008 \$885 (+ 5% GST)

Three Treasures Qigong Retreat With Shifu Andy James

Nov 14 -16 \$380 plus GST

*Credit hours will be given towards the Three Treasures Personal Mastery Program as well as affiliated courses such as Traditional Chinese Mind-Body Skills for Yoga and Fitness Instructors.

Locations:

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

Friends of the Heart: 2510 Yonge Street, Suite 324 (5 blocks north of Eglinton)

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

The Best of Chinese Medicine: 379 Danforth Avenue, 2nd Floor (Chester subway station)