



TAI CHI AND MEDITATION CENTRE

www.powerofbalance.com

Summer 2008, July-September CALENDAR

416-465-6122

REGULAR CLASS SCHEDULE:

MONDAY	12:00-1:00pm	Tai Chi Chuan Level 1	Shifu Oliver	Continues	Kokoro Dojo
	6:00-7:00pm	Push Hands	Colin Outram	Begins September 15	Fraser Studios
	7:00-8:00pm	Intro to Tai Chi Chuan	Colin Outram	Begins September 15, 12 weeks	Fraser Studios
	8:00-9:30pm	Insight Meditation	Colin Outram	Begins September 15	Fraser Studios
TUESDAY	6:00-7:00pm	Pa Kua Chang	Shifu James	Starts September 2	Fraser Studios
	7:00-8:30pm	Instructors Class	Shifu James	the first Tuesday of each month	Fraser Studios
	7:00-8:00pm	Push Hands & Self-defence	Shifu James	Starts September 9 every Tuesday except 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 July 9, 7 weeks	Fraser Studios
THURSDAY	1:00-2:00pm	Tai Chi Chuan Level 2	Suzanne Taka	Continues	Fraser Studios
	5:45-6:45pm	Tai Chi Chuan Beginner and Advanced Forms	Shifu Oliver	Beginners start anytime	Kokoro Dojo
	6:45-7:45pm	Tai Chi Chuan Advanced, Chen and applications	Shifu Oliver	Continues except August	Kokoro Dojo
	7:30-8:30pm	Chi Kung	Jeff Willis	Continues except July 17 and August	Friends of the Heart
	8:30-10:00pm	Insight Meditation	Jeff Willis	Continues except July 17 and August	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	Begins July 12, 7 weeks	Fraser Studios

*Classes will be closed on regular holidays, and may break for summer, check with your instructor.

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:

Qigong Empowerment Retreat With Donna Oliver and Sheila Furness, Friday, September 12, 2008 to Sunday, September 14, 2008, \$325.00 (+GST) with registration and payment before August 15, \$350.00 (+GST) with registration and payment after August 15, 2008

MEDICAL QIGONG WORKSHOPS:

MEDICAL QIGONG LEVEL ONE

September 16, 2008. 6:30-9:30pm. \$585.00 32 hours, each Tuesday except the first of each month at The Best of Chinese Medicine

MEDICAL QIGONG LEVEL TWO

September 19, 2008. 6:30-9:30pm. \$585.00 32 hours, Fridays at Fraser Studio

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)