



Winter Schedule

classes held at
Qi Gong Institute
202 Main St, Frisco 970.668.3316
classes with (**) held at
Spheeris Pilates
106 French St, Breckenridge 970.453.5563

Radiant Lotus Qi Gong for Women Balance & revitalize your hormones, rediscover your voice and attain vibrant health. Addresses health issues specific to women.

What: Four 90 minute classes

Tuition: \$100

When: Wednesdays 1-2:30 pm January 13, 20, 27, February 3

Thursdays 6-7:30 pm January 7, 14, 28, February 4

** Saturdays 11:30 am-1:00 pm January 9, 23, February 6, 20

Wednesdays 1-2:30 pm February 10, 17, 24, March 3

Thursdays 6-7:30 pm February 11, 25, March 4, 11

** Saturdays 11:30 am-1:00 pm February 27, March 6, 20, 27

Wednesdays 1-2:30 pm April 7, 14, 21, 28

Thursdays 6-7:30 pm March 25, April 1, 8, 15

Qi Gong and Chinese Medicine Learn how to understand what your body is telling you and what you can do about it. Bring vibrant health and balance to your life with the tools you'll learn in this class. Become conscious of the nature of energy within your body through breathwork, meditation, movement forms & Traditional Chinese Medicine theory.

What: Eight 90 minute classes

Tuition: \$180

When: **Saturdays 10-11:30 am January 9, 23, February 6, 20, 27, March 6, 20, 27

Thursdays 9-10:30 am March 4, 11, April 1, 8, 15, 22, May 6, 13

Traditional Chinese Medicine and Nutrition Learn how your body changes with the seasons and what foods help or hinder that process. We will cover principles of Chinese Medicine including the thermal nature of food, food energetics, physical and emotional symptoms, personality factors and specific diet suggestions.

What: Eight 60 minute classes

Tuition: \$160

When: Thursdays 9-10:30 am December 17, 24, January 7, 14, 28, February 4, 11, 25

New! two hour workshops

Tuition: \$30

When: Saturday, January 16 10 am-12 pm

Thursday, January 21 6-8 pm

Saturday, January 30 10 am-12 pm

Saturday, February 13 10 am-12 pm

Thursday, February 18 6-8 pm

Workshop

Awakening the Soul

Awakening the Soul

Detox Your Life

Qi Gong for Longevity

Qi Gong for Longevity

For more information and to register call: 970.668.3316

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