

2016 Medical Qigong Program Calendar

6:30 -- 7:25 PM Class

	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
Jan-16	Qi Cultivation and Circulation Meditation	Qi Cultivation and Circulation Meditation	Qi Cultivation and Circulation Meditation	Qi Cultivation and Circulation Meditation	NA
Feb-16	Standing Eight Pieces Brocade	Standing Eight Pieces Brocade	Standing Eight Pieces Brocade	Standing Eight Pieces Brocade	NA
Mar-16	Taiji Ball Qigong	Taiji Ball Qigong	Taiji Ball Qigong	Taiji Ball Qigong	Qigong for Arthritis
Apr-16	White Crane Soft Qigong	White Crane Soft Qigong	White Crane Soft Qigong	White Crane Soft Qigong	NA
May-16	White Crane Soft Qigong	White Crane Soft Qigong	Four Seasons Medical Qigong	Four Seasons Medical Qigong	NA
Jun-16	Four Seasons Medical Qigong	Four Seasons Medical Qigong	Four Seasons Medical Qigong	Four Seasons Medical Qigong	Four Seasons Medical Qigong
Jul-16	Four Seasons Medical Qigong	Four Seasons Medical Qigong	YMAA Retreat Center Training	Standing Eight Pieces Brocade	NA
Aug-16	Standing Eight Pieces Brocade	Standing Eight Pieces Brocade	Standing Eight Pieces Brocade	Standing Eight Pieces Brocade	Qigong for Breast Cancer
Sep-16	Total Relaxation Qigong	YMAA Retreat Center Training	Fall Qigong	Fall Qigong	NA

Oct-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Fall Qigong	Fall Qigong	Fall Qigong	Fall Qigong	NA
Nov-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Total Relaxation Qigong	Guo Lin Qgong	Winter Qigong	Thanksgiving Eve	Winter Qigong
Dec-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Winter Qigong	Winter Qigong	Winter Qigong	Winter Qigong	NA

7:35 -- 8:30 PM Class

Jan-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Introduction to Medical Qigong	Introduction to Medical Qigong	Introduction to Medical Qigong	Introduction to Medical Qigong	NA
Feb-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Taiji Ball Qigong	Taiji Ball Qigong	Taiji Ball Qigong	Taiji Ball Qigong	NA
Mar-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Spring Qigong	Spring Qigong	Spring Qigong	Spring Qigong	Taiji Qigong
Apr-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Taiji Qigong	Taiji Qigong	Taiji Qigong	Taiji Qigong	NA
May-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Taiji Qigong	Taiji Qigong	Taiji Qigong	Summer Qigong	NA
Jun-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Summer Qigong	Summer Qigong	Summer Qigong	Summer Qigong	Summer Qigong
Jul-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Summer Qigong	Summer Qigong	YMAA Retreat Center Training	Total Relaxation Qigong	NA
Aug-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Late Summer Qigong	Late Summer Qigong	Late Summer Qigong	Late Summer Qigong	Late Summer Qigong
Sep-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Qigong for Breast Cancer	YMAA Retreat Center Training	Taiji Ball Qigong	Taiji Ball Qigong	NA
Oct-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Taiji Ball Qigong	Taiji Ball Qigong	Taiji Ball Qigong	Taiji Ball Qigong	NA
Nov-16	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
	Sitting Qigong	Sitting Qigong	Sitting Qigong	Thanksgiving Eve	Sitting Qigong

	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
Dec-16	Qi Cultivation and Circulation Meditation	Qi Cultivation and Circulation Meditation	Qi Cultivation and Circulation Meditation	Qi Cultivation and Circulation Meditation	NA