

This class comprises of two major parts:

Part 1. Qigong (45 min.) and part 2. Tai Chi form 37 (45 min.)

8.	Week 1-2 Week 9	Week 3-4.	Week 5-6	Week 7-
Qigong. sound.	Introduction and Review Eight Section Brocade	Yi Jin Jing.	Frolic of 5 animals.	Six healing
Tai Chi. 37.	Introduction and. Review	Form 13-18.	Form 19-30	Form 31-
Form 37.	Form 01-12			