



Qigong Christchurch classes online in-person online & in-person

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9-10am Learn & practice Tian, Di and Ren Yuan	9-10.30am Saturday group practice With parallel sessions for learning
10.30-11.30am Gentle seated practice & group healing		11am-12.30pm Learn & practice Tian, Di and Ren Yuan			
		7.30-8.45pm Xia Yuan - the organ method	7.30-9pm The Patterns Project - working on the essential heart qualities and the patterns of the consciousness		
		7.30-8.30pm Tian Yuan & Di Yuan			

