

AUTUMN QI GONG 2025

Mon

Tue

Wed

Thu

Fri

Sat
Meditation
8:15-9:00

Sun

Foundational Qi
Gong + Dragon
and Tiger
Medical Qi Gong
10:00-11:00
Intermediate
Practices
11:00-12:00

Yang Style
Taiji Quan
5:00-6:00
5-Element +
Water Method Qi
Gong
6:00-7:00