



## WEEKLY CLASS SCHEDULE – Effective June 1, 2025

**Start the Week with Qigong: Mondays 9:15 to 9:45 a.m.** *A standing practice featuring basic forms, big moves, and ancient Qigong sets. Moving is a great way to start the week!*

**Ancient Forms Qigong: Mondays 7:00 to 7:45 p.m.** *Qigong forms are a set of moves that are practiced in certain way each time. Often designed as a daily practice, their staying power is the ability to go deeper with each practice. Wuji Hundun Qigong, an 18-move form with an 800-year lineage, continues as our focus. This standing practice enhances the movement of the spine, strengthens the upper body and enhances energy flow throughout the meridians.*

**Wind Down with Qigong: Mondays 8:00 to 8:30 p.m.** *Release, relax, and ready yourself for a good night's sleep with Qi massage, healing sounds, gentle stretching, and slow flows.*

**Qigong Balance and Flow: Wednesdays 8:30 to 9:15 a.m.** *This standing practice integrates Qigong flows with specific balance sequences to bring the mind and body back into harmony, release tension, and increase the experience of joyful movement.*

*Extra Practice Note: Pop-ups may be announced on Thursday, Friday or Saturday as Joyce's schedule allows. Watch for weekly email with details.*

## IMPORTANT DETAILS

- 1) **Newcomers are always welcome.** Qigong is an accessible and adaptable practice. Classes are small, so there is a good deal of individual attention.
- 2) All classes are offered via Zoom; please contact Joyce for connection information.
- 3) **Payment is a monthly subscription (calendar month) with three different levels:** \$35 for up to 5 classes; \$56 for up to 8 classes; and \$70 for unlimited access. There is also an option to pay by the class: \$10 per class. Payments can be made by Zelle, Venmo, or by sending a check. Please confirm details with Joyce.
- 4) **Optional YouTube add-on:** For anyone enjoying Joyce's YouTube channel, you may add on to your monthly subscription. Suggested support amounts: \$10 for those tuning in once a week, \$20 for more regular users. As always, this can be adjusted each month as individual needs & schedules shift.

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