



WEEKLY CLASS SCHEDULE – Effective April 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 for the winter. 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 for Better Balance: Wednesdays 5:00 to 5:40 p.m. *This is a standing practice where participants learn one specific routine and repeat it for a few months when another routine is introduced. Movements to strengthen legs, increase mobility, and calm the emotions are included.*

Qigong Medley: Fridays 9:15 to 10:00 a.m. *This is an energetic standing class that integrates a variety of different Qigong styles and sequences. Every session is different with many opportunities to learn new moves that emphasize deep breathing, releases & stretches, and big movement flows.*

Qigong Balance and Flow: Fridays 10:15 to 11:00 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.*

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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