

TIBETAN QIGONG WORKSHOPS

2018 Winter/Spring Schedule – NAPA, CA

KAY LUTHI, Instructor

Tibetan Qigong Classes	3hr Workshops	Fee
Five Element Stake	Sunday, January 7 10am-1pm	\$90.00
One Finger Zen Dynamic Form	Sunday, January 21 10am-1pm	\$90.00
One Finger Zen Still Form	Sunday, February 4 10am-1pm	\$90.00
Face Massage & Patting the Meridians	Sunday, February 25 10am-1pm	\$90.00
Tibetan Qigong Classes	Three Day Intensive 2 Sessions offered	Fee/Session
<p style="text-align: center;">3 Day Intensive Training</p> <p style="text-align: center;">~ Includes all four Level I Forms ~</p> <p>Five Element Stake One Finger Zen Dynamic One Finger Zen Still Face Massage & Patting the Meridians</p>	<p>Session 1: March 6, 7 & 8</p> <p>Session 2: April 3, 4 & 5</p> <p>Session 1 & 2 will each meet 10am-1pm & 3-5pm Tu/W/Th</p>	<p>\$700 Semi-private</p> <p>\$1,200 Private</p> <p>50% deposit to preregister</p>

Discount for Members of The Center for Tibetan Qigong-Napa Valley (CTQNV): For students who are CTQNV members & are repeating a class (or classes), a 50% discount is available. 50% discount also applies to students 17 years or younger.

3 Day Intensive Training: Morning sessions will consist of instruction & practice; afternoon sessions will be practice, discussion & one-on-one coaching with instructor. **Master Wang's Healing Energy DVD & Commentary** will be shown & is included in class fees. Class fees also include two Tibetan Qigong practice books & two DVDs published by Kay Luthi.

RESERVATIONS: Please phone **707.287.1506** or email **kayluthi@gmail.com**.
Three Day Intensive Workshops: a deposit of 50% tuition is required upon registration.

For more information about Kay Luthi, Tibetan Qigong, the Lineage of Master Zi Sheng Wang or descriptions of Level I practices, visit **www.kayluthi-tibetanqigong.com**