

KAY LUTHI'S TIBETAN QIGONG CLASSES in NAPA, CA
Winter & Spring 2012

from the teachings of Master Zi Sheng Wang

Class Description	Dates	Times/Days	Class Fee
INTRODUCTION TO TIBETAN QIGONG	Saturdays	9-10am	\$10 drop-ins or \$30/month All fees from this class support CTQNV.
ONE FINGER ZEN DYNAMIC FORM	January 14 & 21	11am-12:30pm 2 Saturdays	\$90 (\$45* 17yr & under or CTQNV members repeating the class)
3 DAY INTENSIVE WORKSHOP Five Element Stake One Finger Zen Dynamic Form One finger Zen Still Form	February 7, 8 & 9	10am-1pm & 3-5pm Tu/W/Th	\$500 (\$250 deposit) Discount available for CTQNV members repeating classes.
FACE MASSAGE & PATTING THE MERIDIANS	February 10,	10am-1pm Friday	\$90 (\$45 for students enrolled in 3 Day Intensive)
FIVE ELEMENT STAKE	March 10 & 17	11am-12:30pm 2 Saturdays	\$90 (\$45* see top of page)
ONE FINGER ZEN DYNAMIC FORM	April 14 & 21	11am-12:30pm 2 Saturdays	\$90 (\$45* see top of page)
ONE FINGER ZEN STILL FORM	May 12 & 19	11am-12:30pm 2 Saturdays	\$90 (\$45* see top of page)

RESERVATIONS

Phone 707.224.5613 (USA) or email kayluthi@gmail.com
 \$250 deposit required for 3 Day Intensive Workshop

For more information about the 3 Day Intensive Workshop & detailed description of Level I practices visit
www.kayluthi-tibetanqigong.com