

TIBETAN QIGONG Fall & Winter Class Schedule – NAPA, CA – 2013 & 2014

KAY LUTHI, Instructor

Tibetan Qigong Classes	3hr Workshops	Cost
Five Element Stake	Sunday, Nov. 17, 2013 1-4pm	\$90.00
One Finger Zen Still Form	Sunday, Dec. 15, 2013 1-4pm	\$90.00
Face Massage & Patting the Meridians	Sunday, Jan. 19, 2014 1-4pm	\$90.00
One Finger Zen Dynamic Form	Sunday, Feb. 9, 2014 1-4pm	\$90.00
Tibetan Qigong Classes	3 Day Intensive Workshops	Cost
3 Day Intensive Workshop (Five Element Stake, One Finger Zen Dynamic & One Finger Zen Still)	November 12, 13 & 14, 2013 10am-1pm & 3-5pm Tu/W/Th Semi-private class	\$575 (50% deposit to preregister)
Face Massage & Patting the Meridians	Friday, 11/15/13 10am -1pm or Friday, 1/10/13 10am -1pm	\$65 This is a special discount for participants of 3 Day Workshop.
3 Day Intensive Workshop (Five Element Stake, One Finger Zen Dynamic & One Finger Zen Still)	January 7, 8 & 9, 2014 10am-1pm & 3-5pm Tu/W/Th Semi-private class	\$575 (50% deposit to preregister)

The Center for Tibetan Qigong-Napa Valley (CTQNV) Member Discounts: 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 Workshop: Morning sessions will consist of instruction & practice; afternoon sessions will be practice, discussion & one-on-one coaching by instructor. **Master Wang's Healing Energy DVD** will be shown & is included in class fees.

Class fees include ongoing, **weekly group practice sessions**. Students receive a **20% discount on all Tibetan Qigong practice books and DVDs** written or produced by Kay Luthi.

RESERVATIONS: Phone 707.224.5613 or email kayluthi@gmail.com.
Three Day Intensive Workshops: deposit of 50% tuition is required upon registration.

For more information about Kay Luthi, Tibetan Qigong or a description of Level I practices, visit www.kayluthi-tibetanqigong.com