

TIBETAN QIGONG Spring/Summer 2014 Schedule – NAPA, CA revised 4.19.14

KAY LUTHI, Instructor

Tibetan Qigong Workshop	Date		Cost
One Finger Zen Still Form	Sunday, April 27, 2014 1-4pm		\$90.00*
One Finger Zen Dynamic Form	Sunday, May 18, 2014 1-4pm		\$90.00*
Face Massage & Patting the Meridians	Sunday, July 20, 2014 1-4pm		\$90.00*
Five Element Stake	Sunday, August 17, 2014 1-4pm		\$90.00*
3 Day Intensive Workshops	Dates		Cost
3 Day Intensive Workshop (Five Element Stake, One Finger Zen Dynamic & One Finger Zen Still)	May 6-8, 2014 10am-1pm & 3-5pm Tu/W/Th		\$575 Semi-private* \$925 Private* (50% deposit to preregister)
Face Massage & Patting the Meridians (Note: FMPM class is offered <i>after</i> the 3 Day Intensive Workshop & is strongly recommended.)	Friday, 5/9/14 10am -1pm	Friday, Aug. 15 10am -1pm or	\$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)	August 12-14, 2014 10am-1pm & 3-5pm Tu/W/Th		\$575 Semi-private* \$925 Private* (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 consists of instruction & practice; afternoon sessions will be practice, discussion & one-on-one coaching by instructor. **Master Wang's Healing Energy DVD & Commentary** 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: 50% deposit is required with registration.

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