

Qigong Hawke's Bay Term 4 Schedule 2020

Kunlun Dayan Qigong – *WildGoose Qigong meditative movement for overall health & longevity*

Chun Yuen Quan - *Faster-paced non-combative Shaolin Kungfu for energy, posture, & healthy joints*

Authorised Instructor: Sifu Jennifer Leaf



New Location

“The Shed”

**Regional Sports Park
Percival Road, Hastings**



Class Options:

Kunlun Dayan Qigong

Learn the detail and knowledge of this amazing health skill as you develop and progress in your own practice

16 October - 18 December 6:30-7:30pm (8wks)

No Class on 30 October & 6 November

Term Fee:* \$104 for 8wk term or Casual: \$15/class

Chun Yuen Quan

A Shaolin Kung fu for fitness – Improve postures, joints, and lift your spirit (non-combative)

16 October – 18 December 7:30pm-8:15 (8wks)

Term Fee*: \$80 for 8wk term or Casual: \$12/class

Free Demonstration Night

23 October 5:45 – 6:20pm

Beginners Qigong / 6 week Introduction

Focus is on getting moving and following along during this shorter class

13 November – 18 December 5:45-6:20pm

Term Fee*: \$56 for 6wk term or Casual: \$10/class

SPECIAL OFFER for 1st time members pay term +\$40 and receive your annual membership – Save \$20

**After trying out class for a determined time you need to pay your ANNUAL MEMBERSHIP FEE to the Tse Qigong Centre which supports these traditional skills. Cost is \$60 (\$100 for family at same address). This is due before your 7th Beginner class, 4th Qigong and/or Chun Yuen class, or second private lesson and each year during month you originally became a member. Membership Includes class shirt, seminar discounts, selected merchandise, and the opportunity to continue studying this amazing skill.*

ONLINE PAYMENTS: Jennifer Leaf **38 9015 0695627 00**

**If Jennifer has to cancel any of the above classes and you have paid a term fee, you will be refunded or credited for that class.*

Please keep your “Sifu” informed when you cannot attend class:

Call or txt 021 298 6740 or email jleafsmail@gmail.com

For more information www.wildgooseqigong.nz or www.tseqigongcentre.com

Qi Works

