

Healing Tao / Qigong Trilogy – Winter/Spring 2020

Embrace Simplicity to Experience Harmony

Practices to promote unity of spirit, mind, body applying ancient wisdom to a balanced modern lifestyle

Suitable for beginners and experienced practitioners of tai chi, qigong, tao meditation.

Registration \$150 for three ½ day sessions. Dates/Time: 11:00 am till 3:00 pm, January 11, February 8, March 7. Group maximum size 18. Reserve space by Email events@heatherchalon.com, specifying registering for Qigong Trilogy Winter Spring 2020 Tucson. Confirm registration by submitting payment.

Payment due by December 7.

1) Mail your check to Heather Chalon, 1700 E River Rd, #64422, Tucson, AZ 85728

2) PayPal, paypal.me/heatherchalon or the Send Money Option in PayPal using email address heather@heatherchalon.com. When submitting payment, please indicate it is for the Qigong Trilogy Winter Spring 2020 in Tucson.

A fourth session has been scheduled April 4, primarily as a 'make up' session for registered Trilogy participants. Space permitting, the fourth session may be purchased as a single session, after the March session has concluded, \$40 for Trilogy participants, \$50 for non-Trilogy participants.

Cancellation policy: miss a session, make it up on session four, April 4. Or, send someone to enjoy your reserved spot, with prior communication to events@heatherchalon.com. Cancel participation in series, in writing, by December 20, \$50 cancellation fee.

Location: Each workshop will be held at Jr League of Tucson, 2099 E River Road, Tucson, AZ 85718

January 11

5 Elements: Water

Essential water element Morning Exercises

Open Micro Cosmic Orbit- (tag line)

Golden Body (Iron Shirt)

February 8

5 Elements: Earth and transitioning to Wood

Essential Morning Exercises

Ba Duan Jin (8 Sections of Brocade)

Qi Self Massage and Shake the Tree

March 7

5 Elements: Wood

Power of the Inner Smile

Six Healing Sounds

Five Animal Frolics

April 4

Make-up class for Trilogy participants. Space permitting, sign up for a stand-alone class.

5 Elements Earth and transitioning to Fire

Practice techniques covered in Trilogy