

TIBETAN QIGONG Workshops Winter/Spring 2016 – NAPA, CA (revised 3.12.16)

KAY LUTHI, Instructor

Tibetan Qigong Workshop	Date	Cost
Introduction to Tibetan Qigong & Shamatha Meditation	Saturday, 9-10am April 2 May 2	\$20.00 (Sponsored by CTQNV)
Five Element Stake	Saturday, 10am-1pm January 30 April 30	\$90.00
One Finger Zen Dynamic Form	Saturday, 10am-1pm February 27 May 14	\$90.00
One Finger Zen Still Form	Saturday, 10am-1pm April 9 June 18	\$90.00
Face Massage & Patting the Meridians	Saturday, 10am-1pm May 21	\$90.00
3 Day Intensive Seminar*	Dates	Cost
All Level I Forms (Five Element Stake, One Finger Zen Dynamic, One Finger Zen Still, & Face Massage & Patting the Meridians)	May 3, 4 & 5 ~ Tu/W/Th 10am-1pm & 3-5pm	\$750 Semi-private \$1,200 Private (50% deposit to preregister)

***3 Day Intensive Seminar:** Morning sessions will consist of instruction & practice; afternoon sessions will be practice, discussion & one-on-one coaching by instructor, **Kay Luthi**. **Master Wang's Healing Energy & Commentary DVD** will be shown & is included in class fees.

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 (private lessons are excluded from this discount).

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 707.287.1506 or email kayluthi@gmail.com.
Three Day Intensive Seminar: 50% deposit required to preregister.

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