

TIBETAN QIGONG WORKSHOPS

2018 Spring/Summer Schedule

KAY LUTHI, Senior Instructor

(Note: All workshops will be in Napa, CA unless indicated otherwise.)

Tibetan Qigong Forms	3hr Workshops	Fee
Five Element Stake	Sunday, March 18 10am-1pm	\$90
Face Massage & Patting the Meridians Location: Port Washington, New York	Wednesday, April 11 ~ 6-9pm To Register email: fitnesssystemsrx@gmail.com	\$90
One Finger Zen Dynamic Form	Sunday, April 29 10am-1pm	\$90
One Finger Zen Still Form	Sunday, May 20 10am-1pm	\$90
Face Massage & Patting the Meridians	Sunday, June 10 10am-1pm	\$90
Tibetan Qigong Forms	Three Day Intensive 2 Sessions offered	Fee/Session
3 Day Intensive Training ~ Includes all four Level I Forms ~ Five Element Stake One Finger Zen Dynamic One Finger Zen Still Face Massage & Patting the Meridians	Session 1: June 26, 27 & 28 Session 2: August 21, 22 & 23 Sessions 1 & 2 will each meet 10am-1pm & 3-5pm Tu/W/Th	\$700 Semi-private \$1,200 Private 50% deposit to preregister

Discount for Members of The Center for Tibetan Qigong-Napa Valley (CTQNV.org): For students who are CTQNV members and are repeating a class (or classes), a 50% discount is available. 50% discount also applies to students 17 years or younger.

Three Day Intensive Training: Morning sessions will consist of instruction and practice; afternoon sessions will be practice, discussion and one-on-one coaching with the instructor. **Master Wang's Healing Energy DVD and Commentary** will be shown and is included in class fees. Class fees also include two Tibetan Qigong practice books and two DVDs published by Kay Luthi.

RESERVATIONS: Please phone **707.287.1506** or email kayluthi@gmail.com.
Three Day Intensive Workshops: a deposit of 50% tuition is required to register.

For more information about Kay Luthi, Tibetan Qigong, the Lineage of Master Zi Sheng Wang or descriptions of Level 1 practices, visit www.kayluthi-tibetanqigong.com.