

September

2024

Tai Chi Healing Energies Class & Event Schedule

“Rejuvenating Mind, Body & Spirit.”

New Women’s Qigong Class on Monday’s

This Women’s Qigong Group is for those women who are wanting to deepen their connection with themselves, physically and energetically, while also forming and deepening connections with other powerful women. (Hint, that’s ALL women!) We’ll use various Qigong movements and sets to connect into our own bodies and get to know them on the physical and energetic level as we move together.

Women’s Qigong class will be held at Willow Grove Farm Monday Evenings from 5:30-7:00 PM. This will be an ongoing class that will move into Body Elite Wellness Center in the Fall with other outdoor classes.



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No class Celebrating Labor Day	3 WG-Int.YSF 5:00-6:30 PM	4	5 OPC-10:30 – Noon Adv. YSF	6	7 BE-9:30-10:30 AM P-TC BE-10:45 -Noon YSF
8	9 BE- 10-11 AM P-TC WG-3-4:30: PM Adv. YSF WG-5:30-7:00 PM WQ	10 WG-Int.YSF 5:00-6:30 PM	11	12 OPC-10:30 – Noon Adv. YSF BE- 2-3:00 PM P-TC	13	14 BE-9:30-10:30 AM P-TC BE-10:45 -Noon YSF
15	16 BE- 10-11 AM P-TC WG-3-4:30 PM Adv. YSF WG-5:30-7:00 PM WQ	17 WG-Int.YSF 5:00-6:30 PM	18	19 OPC-10:30 – Noon Adv. YSF	20	21 BE-9:30-10:30 AM P-TC BE-10:45 -Noon YSF
22	23 BE- 10-11 AM P-TC WG-3-4:30: PM Adv. YSF WG-5:30-7:00 PM WQ	24 Bowman Library, 10:30-11:30 AM LM/Seated Tai Chi WG-IYSF 5-6:30 PM	25	26 OPC-10:30 – Noon Adv. YSF BE- 2-3:00 PM P-TC	27	28 BE-9:30-10:30 AM P-TC BE-10:45 -Noon YSF Handley Library, Self-massages at 1
29	30 BE- 10-11 AM P-TC WG-3-4:30: PM Adv. YSF WG-5:30-7:00 PM WQ					
	Legend: YSF-Yang 37 Posture Short Form P-TC classes are Limited Mobility Friendly	P-TC – Practical Tai Chi WQ- Women’s Qigong		OPC – Opequon Presbyterian Church Pavilion (Outdoors) BE- Body Elite Wellness Center, Suite 200, upstairs		WG- Willow Grove Farm 740 Merriman’s Ln. Winchester, VA 22601 (outdoors)

Sept. 24th - Bowman Library, 10:30-11:30 AM Tues., Limited Mobility/Seated Tai Chi. Sept. 28th - Handley Library, 1 PM Sat., Self-Massages

For more information on the schedule or a particular detail on a class, you can go to www.taichiavk.com for Adrian’s web site or you can text or call Adrian VanKeuren at 540-931-6507