

December 2024

Tai Chi Healing Energies Class & Event Schedule

Rejuvenating Body, Mind & Spirit

Movements & Meditations for Holiday Stress Workshop

Sat., Dec. 7th, 2-4:00 pm Bowman Library, Stephens City, VA

Join us for Movements & Meditations for Holiday Stress (and every other time of the year, too!) In this workshop, presented by **MoveMentation**, attendees will explore short and easy to learn movement sequences from Classic Chinese Medicine and their accompanying meditations, each used for millennia to help manage stressful situations and bring added balance to daily life.

Dec. 16th at the Godfrey Miller Center – we will host a Practical Tai Chi class from 11:00 am -Noon.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|-----------|---|--------|--|
| 1 | 2 BE-3-4:30 pm Adv. YSF BE-5:30-7:00 pm WQ | 3 BE- 5-6 pm Int. YSF | 4 | 5 OPC- 10:30-12 Adv. YSF | 6 | 7 Movements & Meditations 2-4:00 pm Bowman Library Stephens City, VA |
| 8 | 9 BE-3-4:30 pm Adv. YSF BE-5:30-7:00 pm WQ | 10 No Class Today | 11 | 12 OPC- 10:30-12 Adv. YSF | 13 | 14 BE- 9:30-10:30 am P-TC BE- 10:45-12 Beg. YSF |
| 15 | 16 GMC- 11-Noon P-TC BE-3-4:30 pm Adv. YSF BE-5:30-7:00 pm WQ | 17 BE- 5-6 pm Int. YSF | 18 | 19 OPC- 10:30-12 Adv. YSF | 20 | 21 BE- 9:30-10:30 am P-TC BE- 10:45-12 Beg. YSF |
| 22 | 23 BE-3-4:30 pm Adv. YSF BE-5:30-7:00 pm WQ | 24 No Class Today | 25 | 26 BE - 10:30-12 Adv. YSF | 27 | 28 BE- 9:30-10:30 am P-TC BE- 10:45-12 Beg. YSF |
| 29 | 30 BE-3-4:30 pm Adv. YSF BE-5:30-7:00 pm WQ | 31 No Class Today | | Color Codes : Blue-MoveMentation Run class or event Black-Tai Chi Healing Energies run class/event | | |
| Legend | YSF- Yang Short Form Beg. -Beginners Int.- Intermediate Adv.- Advanced | P-TC- Practical Tai Chi WQ- Women's Qiqong | | OPC- Opequon Presby. Church (inside) BE- Body Elite Wellness 3052 Valley Ave. Ste 200 | | Bowman-Bowman Library 871 Tasker Rd. Stephens City, VA GMC-Godfrey Miller Center – 28 S. Loudoun St. Winchester, VA 22601 |

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

