

February 2026

Adrian & Lyle's Class & Event Schedule

Medicinal Movement & Meditation

Highlighted Events for February 2026

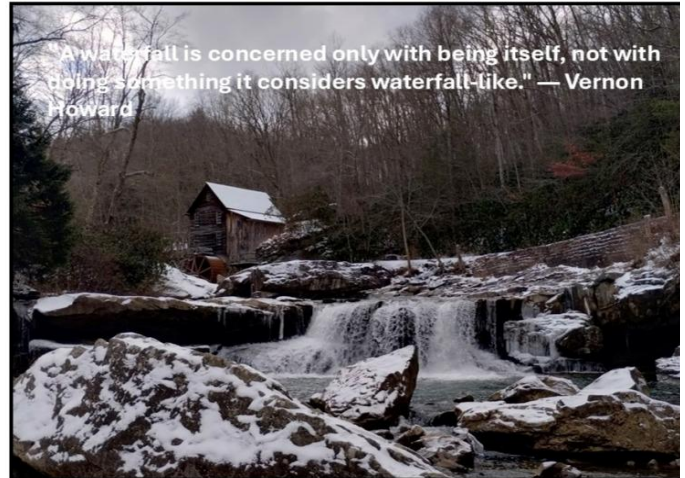
2/4 Better Human Book Club, Handley Library, 6:30 PM
Benham Gallery Room Book to be discussed; "Everything is Figureoutable" by Marie Forleo

2/14 Love-Yourself-Massage Handley Library, 1-2:30 PM
Benham Gallery Room

Classic Chinese Medicine wisdom states that increased flow – of both blood and life-sustaining chi- can help alleviate many discomforts within the body. We will also discuss important acupressure points and teach self-massage.

2/11 & 2/25 Tai Chi Wisdom Circle, Bowman, MTG RM, 5:30 PM
Rooted in the wisdom of Classical Chinese Medicine, honors the ebb and flow of the seasons both within us and around us. This month the focus will be an overview of Classic Chinese Medicine and the 5 Elements.

2/28 Join us at the Valley Health Wellness Fair, 10AM-5PM



"A waterfall is concerned only with being itself, not with doing something it considers waterfall-like." — Vernon Howard

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Movement Monday 3 PM Handley Women's Qigong 5:30 PM HF	3 Qigong Noon Lykens	4 Book Club 6:30 PM Handley	5 Adv. YSF- 10:30 AM OPC Chill Qi-7 PM Zoom	6	7 9:30 AM- Beg.YSF-FP 11 AM- P-TC-FPC	
8	9 Movement Monday 3 PM Handley Women's Qigong 5:30 PM HF	10 Qigong Noon Lykens	11 P-TC 11 AM GMC Tai Chi Wisdom Circle 5:30 PM Bowman	12 Adv. YSF- 10:30 AM OPC	13	14 9:30 AM- Beg.YSF-FP 11 PM- P-TC-FPC Love -Yourself-Massage Workshop 1 PM Handley Library	
15	16 Women's Qigong 5:30 PM HF	17 Qigong Noon Lykens	18	19 Adv. YSF- 10:30 AM OPC	20	21 9:30 AM- Beg.YSF-FP 11 PM- P-TC-FPC	
22	23 Movement Monday 3 PM Handley Women's Qigong 5:30 PM HF	24 Qigong Noon Lykens	25 Tai Chi Wisdom Circle 5:30 PM Bowman	26 Adv. YSF- 10:30 AM OPC	27	28 10 AM -5 PM Valley Health Wellness Fair Apple Blossom Mall Winchester, VA	
Legend: YSF - Yang Short Beg. - Beginners P-TC - Practical TC ADV. - Advanced			Codes: Lykens Chiropractic 650 Cedar Creek Grade #207, Winchester, VA		Blue -MoveMentation Green - Winchester Qigong Black - Tai Chi Healing Energies		OPC - Opequon Presbyterian Church FPC - First Presbyterian Church 116 S. Loudoun St. Winchester HF - Healthy Families, 301 N. Cameron St. Winchester

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

