



## FALL 2017 CLASS SCHEDULE

Contact [anna@peacemovementqigong.com](mailto:anna@peacemovementqigong.com) for more details.

Anna Pergola – 303-885-5628

LOCATION	DAY/TIME	CLASS	COST
<b>Susan M. Duncan YMCA</b> 6350 Eldridge Street Arvada, CO 80004 303-422-4977	<b>SATURDAYS</b> 9:45 a.m. – 10:45 a.m.	Tai Chi Qigong	FREE to YMCA members. \$10.00 per class for non-members.
<b>Glendale Sports Center</b> 4500 E. Kentucky Avenue Glendale, CO 80246 303-692-5773	<b>WEDNESDAYS</b> 9:30 a.m. – 10:30 a.m.  <b>FRIDAYS</b> 9:00 a.m. – 9:45 a.m.  <b>SUNDAYS</b> 9:30 a.m. – 10:15 a.m.	Tai Chi Qigong	FREE, but must be a member of the Glendale Sports Center to enroll in class.
<b>Colorado Department of Public Health &amp; Environment</b> Glendale, CO	<b>WEDNESDAYS</b> Noon – 1:00 p.m.	Qigong Worksite Wellness	\$10 per session, or \$32 for 4 classes paid in advance. Open only to employees of CDPHE. (Please contact Anna if you would like a Worksite Wellness program at your location.)
<b>Full Moon Books &amp; Events</b> 9106 W. 6 <sup>th</sup> Avenue Lakewood, CO 80215 303-233-MOON	<b>THURSDAYS</b> 10:15 a.m. – 11:15 a.m.	Qigong	\$10.00 per class, paid to instructor at beginning of each class.
<b>FREE 4 Fall</b> In Glendale & Lakewood	<b>Contact Anna for Details (4 FREE sessions during the month of October)</b>	Qigong	Free outdoor practice sessions. Light on instructions. Heavy on FUN.
<b>Tea &amp; Qigong</b> Your Location (Showers, Birthdays, Team Building, Holiday Celebrations) Call Anna: 303-885-5628	<b>Schedule at least 3 weeks in advance of your date.</b>	A touch of civilized fun for your special event, combining tea tasting and Qigong.	Call Anna @ Peace Movement Qigong for pricing and available schedule.
<b>Private/Semi-private Instruction and Consulting</b> In Lakewood or at your location Call Anna: 303-885-5628	Call Anna @ Peace Movement Qigong for available schedule.	Custom-designed training for your specific goals.	Call Anna @ Peace Movement Qigong for pricing.

### COMING IN 2018:

- **T'ai Chi: Moving for Better Balance** classes in January, coming to the Glendale Sports & Recreation Center.
- **A Taste of Tea & Qi** coming back by popular demand in winter/spring, 2018.
- ...and, of course, **World T'ai Chi & Qigong Day** in April.