



Peace Movement Qigong Presents
Winter/Spring 2018 CLASS SCHEDULE
All classes taught by accredited instructor Anna M. Pergola
Contact Anna for more details:
anna@peacemovementqigong.com
303.885.5628

LOCATION	DAY/TIME	CLASS	COST
Glendale Sports Center 4500 E. Kentucky Avenue Glendale, CO 80246 303-692-5773	WEDNESDAY 9:00 A.M. – 9:25 A.M. (12 week session on Wednesdays & Fridays January 3 – March 23)	Taiji Quan: Moving for Better Balance	FREE, but must be a member of the Glendale Sports Center to enroll in class.
Glendale Sports Center 4500 E. Kentucky Avenue Glendale, CO 80246 303-692-5773	WEDNESDAYS 9:30 a.m. – 10:30 a.m. (on-going)	Qigong	FREE, but must be a member of the Glendale Sports Center to enroll in class.
Full Moon Books & Events 9106 W. 6 th Avenue Lakewood, CO 80215 303-233-MOON	THURSDAYS 10:15 a.m. – 11:15 a.m. (on-going)	Qigong	\$10.00 per class, paid to instructor at beginning of each class.
Glendale Sports Center 4500 E. Kentucky Avenue Glendale, CO 80246 303-692-5773	FRIDAYS 9:00 a.m. – 9:45 a.m. (12 week session on Wednesdays & Fridays January 3 – March 23)	Taiji Quan: Moving for Better Balance	FREE, but must be a member of the Glendale Sports Center to enroll in class.
Glendale Sports Center 4500 E. Kentucky Avenue Glendale, CO 80246 303-692-5773	SUNDAYS 9:30 a.m. – 10:30 a.m. (on-going)	Qigong	FREE, but must be a member of the Glendale Sports Center to enroll in class.
Tea & Qigong Your Location (Showers, Birthdays, Team Building, Holiday Celebrations) Call Anna: 303-885-5628	Schedule at least 3 weeks in advance of your date.	A touch of civilized fun for your special event, combining tea tasting and Qigong.	Call Anna @ Peace Movement Qigong for pricing and available schedule.
Private/Semi-private Instruction and Consulting At locations in Lakewood and in Capital Hill 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 Soon: World T'ai Chi & Qigong Day Celebrations – April 28, 2018
 Free Practice in the Park (Summer/Early Fall) – Dates/locations TBA