



Inner Works Center for Taijiquan & Qigong Studies

Michael Shunney . Director

236 Cedar Street . Rockland . Maine . 04841

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2017 - 2018 Winter - Class Schedule

January 22 to March 18 8 Weeks of Classes

Note – Dangerous weather may cause class cancellations. If in doubt, please call me at 594-5356.

Sundays	9:30 – 10:30	Qigong – Wudang 8 Silk Brocades and/or Wudang Five Animals
	10:30 – 11:30	Taijiquan Intermediate – Yang Family Two Person Play Forms/Sensitivity Training
Mondays	10:30 - Noon	Qigong - Wudang Five Animals and/or 8 Brocades and/or Wu Ming
Tuesdays	10:30 - Noon	Taiji Gong – 10 Movement Form & Qigong
Wednesdays	8:00 – 9:00 am	Midcoast Rec Center - Taiji Gong – Beginner 10 Movement Form & Qigong
	9:00 – 10:30 am	Midcoast Rec Center - Qigong - Wudang Five Animals and/or 8 Brocades
	10:30 - Noon	Midcoast Rec Center - Taiji Gong – Beginner 10 Movement Form & Qigong
	6:00 – 7:00 pm	Camden Hills High - Qigong - Wudang 8 Silk Brocades &/or Five Animals Qigong
	7:00 – 8:30 pm	Camden Hills High School - Taijiquan – Traditional Yang Family Barehand Long Form, Staff Form, Sword Forms
Thursdays	9:00-10:30 am	Taijiquan – Level 2 + (Complete 103 Form) & Qigong
	10:30 - Noon	Taiji Gong – 10 Movement Form & Qigong
	4:30 – 5:30 pm	Qigong - Wudang Five Animals and/or 8 Brocades and/or Wu Ming
	5:30 – 6:30 pm	Taijiquan San Shou & Yang Family System Two-Person Play
	6:30 – 7:30 pm	Taiji Weapons – Taijijian (Straight Sword) Traditional Yang Family 67
	7:30 – 8:30 pm	All Forms Review & Refinement - Yang Family Taijiquan & Wudang Styles

All classes (except Wednesday's) will be held at 236 Cedar Street, Rockland, Maine 04841

Wednesday classes registration through 5 Town CSD Adult Ed. Call 236-7800 x3274 or visit www.MaineAdultEd.org , classes will be posted around Jan. 1.

Membership in the International Yang Family Taijiquan Association is encouraged but not required and cost \$30/year. Please see me for an application or visit:

<http://www.yangfamilytaichi.com/association/members/new>

(Note* - If joining online, when selecting “Local Center”, choose “USA: MA: Affiliated School Rockland” – it’s an error but will be OK)