

Spring 2004

Weekly QiGong & TaiChi Chuan Class Schedule

Joe Deisher instructing

Monday	6:05 PM	TaiChi Intro. 1&2 (Starting 1/5 and 4/5)	Southwest YMCA 13500 Quito Road, Saratoga
	7:30 PM	TaiChi Chuan	Prince of Peace Lutheran Church 12770 Saratoga Ave., Saratoga
Tuesday	7:00 AM	ChiKung	Integrated Healing Arts, 4157 El Camino Way, Palo Alto
	8:00 AM	Special Studies	
	10:00 AM	QiGong (Starting 1/6, 3/2, 4/27 & 6/15)	Palo Alto Family YMCA 3412 Ross Road, Palo Alto
	2:30 PM	TaiChi Intro. (Starting 1/6 & 4/6)	Avalon Yoga Studio 370 California Avenue, Palo Alto
Alto			
	6:00 PM	QiGong	Integrated Healing Arts, 4157 El Camino Way, Palo Alto
	7:30 PM	TaiChi Chuan	
Alto			
Wednesday	7:00 AM	QiGong	below Randall Children's Museum
	8:00 AM	TaiChi Chuan	above States Street, San Francisco
	6:00 PM	QiGong	AHA! Learning Center 2121 Staunton Court, Palo Alto
	7:30 PM	TaiChi Chuan	
Alto		(Starting 3/3)	
Thursday	7:00 AM	QiGong	Integrated Healing Arts, 4157 El Camino Way, Palo Alto
	8:00 AM	TaiChi Chuan	
Alto			
	10:00 AM	TaiChi Intro.	Palo Alto Family YMCA

(Starting 1/8 & 4/22)

3412 Ross Road, Palo Alto

Friday 2:00 PM QiGong Integrated Healing Arts
3:00 PM TaiChi Chuan 4157 El Camino Way, Palo Alto

Saturday 10:00 AM QiGong Valley Presbyterian Church
11:00 AM TaiChi Chuan 945 Portola Road, Portola Valley

(Classes without starting dates are ongoing.)

For more information contact Joe Deisher: (650)494-7345
Spring 2004

Weekly QiGong & TaiChi Chuan Class Locations

Joe Deisher instructing

Mid-Peninsula

Tuesday	7:00 AM	QiGong	Integrated Healing Arts,
	8:00 AM	Special Studies	4157 El Camino Way, Palo Alto
	10:00 AM	QiGong	Palo Alto Family YMCA 3412 Ross Road, Palo Alto
	2:30 PM	TaiChi Intro.	Avalon Yoga Studio 370 California Avenue, Palo Alto
	6:00 PM	QiGong	Integrated Healing Arts,
	7:30 PM	TaiChi Chuan	4157 El Camino Way, Palo Alto
Wednesday	6:00 PM	QiGong	AHA! Learning Center
	7:30 PM	TaiChi Chuan	2121 Staunton Court, Palo Alto
Thursday	7:00 AM	QiGong	Integrated Healing Arts,
	8:00 AM	Special Studies	4157 El Camino Way, Palo Alto

	10:00 AM	TaiChi Intro.	YMCA, 3412 Ross Road, Palo Alto
Friday	2:00 PM	QiGong	Integrated Healing Arts
	3:00 PM	TaiChi Chuan	4157 El Camino Way, Palo Alto
Saturday	10:00 AM	QiGong	Valley Presbyterian Church
	11:00 AM	TaiChi Chuan	945 Portola Road, Portola Valley

South Bay/West Valley

Monday	6:05 PM	TaiChi Intro. 1&2	Southwest YMCA 13500 Quito Road, Saratoga
	7:30 PM	TaiChi Chuan	Prince of Peace Lutheran Church 12770 Saratoga Ave., Saratoga

San Francisco

Wednesday	7:00 AM	QiGong	below Randall Children's Museum
	8:00 AM	TaiChi Chuan	above States Street, Crown Heights

For more information contact Joe Deisher: (650)494-7345