



Embrace the Moon Winter Session

school for Taijiquan & Qigong

1716 NW Market St. Sea, WA 98107(206)789-0995

embracethemoon.com

WINTER SESSION DATES: JANUARY 8 - MARCH 30 (12 WEEKS)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		Tai Chi Beginner's Series <i>separate schedule & fee</i> 7:00 - 8:00 DOUG	Hands of the 18 Luohan Qigong <i>all levels</i> 7:00 - 8:00 BRIAN		Yang Style Taijiquan <i>advanced</i> 7:00 - 8:15 KIM	Hands of the 18 Luohan Qigong <i>all levels</i> 7:00 - 8:00 KIM	
9:00 AM		Muscle Tendon Changing Qigong <i>all levels</i> 9:00 - 10:00 KIM		Hands of the 18 Luohan Qigong <i>all levels</i> 9:00 - 10:00 KIM		Muscle Tendon Changing Qigong <i>all levels</i> 9:00 - 10:00 LAURA	
10:15 AM		Chen Family Taijiquan <i>intermediate</i> 10:15-11:30 KIM		Tai Chi Beginner's Series <i>separate schedule & fee</i> 10:15-11:15 KIM		<p>Winter Session Highlights:</p> <p>108 Sun Salutations and Meditation with Saiko Shima January 1</p> <p>Essential Taijiquan with Jan Silberstorff: January 13-15</p> <p>Zen Meditation & Qigong with David Tucker: Jan 21, Feb 25, March 17</p> <p>EMBRACETHEMOON.COM</p>	
4:00 PM				Family Taijiquan & Fitness <i>all levels, free</i> 4:00 - 5:00 KIM			
5:00 PM	Hands of the 18 Luohan Qigong <i>all levels</i> 5:00 - 6:15 KIM		Qigong Beginner's Series <i>separate schedule & fee</i> 5:15-6:15 KIM	Taijiquan Sword Form <i>intermediate</i> 5:30 - 6:30 PM KIM	Tai Chi Beginner's Series <i>separate schedule & fee</i> 5:30 - 6:30 KIM		
6:30 PM	Chen Family Taijiquan <i>basics</i> 6:30 - 7:45 PM KIM	Hands of the 18 Luohan <i>all levels</i> 6:30 - 8:00 PM KIM	Chen Family Taijiquan <i>all levels</i> 6:30 - 7:45 PM KIM	Chen Family Taijiquan <i>intermediate</i> 6:30 - 7:45 PM KIM	Qigong Beginner's Series <i>separate schedule & fee</i> 6:30 - 7:30 KIM		
8:00 PM		Siu Luohan <i>intermediate</i> 7:45 - 8:30 PM KIM		Chen Family Taijiquan <i>advanced</i> 7:45 - 8:30 PM KIM			

12 WEEK SESSION ONGOING CLASS FEES:

\$425 UNLIMITED CLASSES - \$375 (2x PER WEEK/24 CLASSES) - \$250 (1x PER WEEK/12 CLASSES)

6 WEEK BEGINNER'S SERIES CLASS FEES:

\$215 UNLIMITED CLASSES - \$170 (2x PER WEEK) - \$110 (1x PER WEEK)

T A I J I Q U A N

Taijiquan (Tai Chi) is one of the most respected practices for exercise, meditation and martial arts in the world. It relieves stress and enhances endocrine and immune systems, cardiac fitness, balance and bone density. We offer **Chen Family Taijiquan** in the tradition of the Chen Family, the founders of this magnificent art. We focus on correct alignment, relaxation, core principles of form development, and movement of "qi" or energy throughout the meridian pathways of the body. We also emphasize the meditative aspects that are integral to the development of the true art in one's daily life. Kimberly Ivy is a 20th Generation Chen Family Disciple, a direct student of Grandmaster Chen Xiao Wang & the Chen Family. Embrace The Moon is one of the few schools in the country with this direct lineage as well, the only school in the Northwest to host the Chen Family during their US Visits. As such, students who study at Embrace The Moon receive the most authentic & up-to-date training & research available anywhere and opportunities to become a skilled teacher under the tutelage of teachers in this very special tradition.

L U O H A N G O N G

The Luohan Gong is a rare and extraordinary Qigong system that dates back to 527 AD and the time of Bodhidharma, the founder of Ch'an (Zen) Buddhism. This unique practice melds the original practice methods of the day from India & (Yoga) & China (Qigong). Consequently, the Luohan significantly improves not only flexibility & strength but also activates & empowers overall qi flow. Perhaps most importantly however, these physical movements have been cultivated for the express purpose of fostering a quiet heart and mind, allowing the artist a deepening of overall consciousness. Kimberly Ivy is a direct student of Dr. Gaspar Garcia, among the leading Luohan Gong practitioners & teachers in the world. Embrace The Moon is the only school in the United States to host Dr. Garcia and to offer advanced training and teacher development in conjunction with Dr. Garcia. As such Embrace The Moon students are afforded the most succinct and authentic lineage possible and multi-faceted

Q I G O N G

Qigong, the study or work of "Qi," "life energy," supports and heals internal organs, enhances immune and endocrine systems, strengthens musculo-skeletal systems, and aids in cardiac fitness, blood and energy flow. At Embrace The Moon you will learn more than just a form, you will learn a multi-dimensional practice that allows you to enhance your entire lifestyle, gain skillful tools for health, well-being and happiness as you move down the road of your magnificent life. Choose from several signature sets, taught throughout the year: **Yi Jin Xi Siu Jing - (The Muscle Tendon Changing, Bone Marrow Washing Gong)**, **Soaring Crane Qigong**, **Essence Qigong**, **Hun Yuan Gong** and **Ba Duan Jin (The 8 Treasures Qigong)**.

F A M I L Y T A I J I Q U A N A N D F I T N E S S

Family Taijiquan & Fitness invites families to get in shape safely while learning basic self-defense, meditation, core principles of relaxation and "Wu De": respectful code of conduct. Be prepared to sweat, laugh and enjoy a very special hour together with that young friend in your life while you both gain skills and confidence. This class is offered free of charge as our gift to the community.

F I N D I N G T H E R I G H T C L A S S F O R Y O U

Everyone learns Taijiquan & Qigong at their own pace and our instructors are highly skilled at working with individuals and their needs within a group setting. The best thing to do is to come and watch or try a class or take a private lesson. We have ongoing Beginner's Series offered in Taijiquan and Qigong throughout the year. It is a great opportunity to learn. As famed sage Lao Tzu says, "no one ever became good at riding by taking about horses!"

Wear loose, comfortable clothing, soft-soled indoor-dedicated shoes or bare/stocking feet. In consideration of this type of training environment, please come to practice fragrance and smoke free.