

JANUARY 2010



Happy New Year !!

Mon	Tue	Wed	Thur	Fri	Sat	Sun	
Vitality	Ki-Gong	Stretching	Ki-Gong	Brain Vibration	Workshops		
4  10:00am 6:30pm 8:10pm	5 6:30pm 8:10 (adv)	6 10:00am 6:30pm 8:10pm	10:00am Healing Class 7pm 	8 10:00am 6:30pm 8:10pm	9 Stone Training 11:00am 	10 11:00am 	
11 10:00am 6:30pm 8:10pm	12 10:00am 6:30pm 8:10pm (adv)	13 Stone Training 10:00am  6:30pm 8:10pm	14 10:00am Intro to BE 6 - 8.30pm	15 10:00am 6:30pm 8:10pm	16 11:00am  Initial Awakening Sat 2-6, Sun 9-5 (Epsom)		
18 10:00am 6:30pm 8:10pm 	19 10:00am 6:30pm 8:10pm (adv)	20 10:00am 6:30pm 8:10pm	21 10:00am Gateway to HSP 6.30 - 9.30pm	22 10:00am 6:30pm 8:10pm	23 	24 Shimsung Sat-Sun Epsom centre	
25 Stone Training  10:00am 6:30pm 8:10pm	26 10:00am 6:30pm 8:10pm (adv)	27 10:00am 6:30pm 8:10pm	28 10:00am Beginners Class 7pm 	29 10:00am 6:30pm 8:10pm	30 Stone Training 11:00am 	31 11:00am 3:00pm	
1 10:00am 6:30pm 8:10pm	2 10:00am 6:30pm 8:10pm (adv)	3 10:00am 6:30pm 8:10pm	In February 5th - 7th - Healer School 6th & 7th - Initial Awakening 11th - 14th - Brain Management Consultant 19th - 21st - Power Brain Method				

Warm Up Exercises Start 10min before class