

CLASS SCHEDULE

| | Monday | Tuesday | Wed | Thu | Fri | Sat |
|---------|-----------|----------------------|--------|---------------|-----|---------|
| 7:00 AM | Gut Detox | | KIGONG | | VIB | |
| 9:30 AM | Gut Detox | Breathing Meditation | KIGONG | LP Meditation | VIB | 10am BE |
| 6:00 PM | | Meridian | | Meridian | | |

DESCRIPTION OF REGULAR CLASSES

GUT DETOX CLASS

Monday 7am and 9:30am

DETOX YOGA ENCOURAGES NATURAL HEALTH BY RESTORING DIGESTION

Gut Detox class emphasizes the inner abdominal muscles supporting the flexibility and strength of our organs, hips, diaphragm, and back. This class includes Belly Button Healing, Intestinal (Abdominal) Exercises with Meridian Stretches. Gut Detox class increases circulation, helps strengthen our immune system, and improves our gut health.

KI-GONG AND TAICHI

Wednesday 7am and 9:30am

KI-GONG EXERCISES IMPROVE BODY MIND AWARENESS

Tai Chi & Ki-gong has been practised for thousands of years. Korean Kigong (DahnMuDo) combines all the benefits of yoga, tai chi, martial arts, and meditation into one discipline. It combines slow, deliberate movements, meditation, and breathing exercises to help your circulation, balance, and alignment while restoring energy.

12 MERIDIAN CLASS

Tuesday 6pm and Thursday 6pm

OPEN YOUR MERIDIANS AND LET QI ENERGY FLOW

To experience vitality, qi must flow freely through your meridians. Meridian Class uses stretching and strengthening to open the 12 major meridians and 365 acupressure points. Increase flexibility and circulation while experiencing relaxation and a renewed vitality for life.

ENERGY MOVEMENT & VIBRATION CLASS

Friday 7am and 9:30am

TAP INTO YOUR INNER RHYTHM WITH VIBRATION

All life forms have natural immune and homeostatic processes that maintain or return them to a normal state of equilibrium. This innate healing ability is moderated by recovering our inner rhythm. Vibration merely involves moving your body freely to its own internal rhythm while focusing on a particular intention, or just your body's sensations.

Increase the vibrations in your body through movement and sound! Vibration Class combines dancing and vocalization with breathing exercises. The deep relaxation you'll experience at the end of each session is profound. Various forms of the practice include the head nod method, full-body vibration, abdominal vibration, chest vibration, and energy meditation.

BRAIN EDUCATION CLASS

Sat 10am

UTILIZE THE FULL POTENTIAL OF YOUR BRAIN

The brain is the powerhouse that drives the entire body and allows us to create. When we talk about the brain, most people connect it with knowledge and information. The brain has so much more power and wisdom than that! Truly knowing about our brain allows us to know about ourselves, each other, and life itself.

Brain Education class helps restore balance to your body's natural energy system; accumulating strength and energy in your body's core promotes mental clarity and focus. Class includes basic exercises to balance the brain including energy sensitivity training, called brain respiration. Feel how the body and brain connect with each other. During class experience guided visualization; improve imagination, awareness, and strengthens the connection between your brain and body. To awaken and stimulate the brain effectively, mostly acoustic and natural sounds were used and electronic sounds were excluded

DESCRIPTION OF MEDITATION CLASSES

BREATHING MEDITATION

Tuesday 9:30am

BREAK THROUGH YOUR LIMITS WITH ENERGY BREATHWORK

Breathwork is said to be the foundation of true progress in the mind-body practice, affecting every aspect of our being. Our unique system of breathing postures can add transformative power and depth to your mind-body practice by teaching you to accumulate energy.

LIFEPARTICLE MEDITATION

Thursday 9:30 am

OPEN YOUR MERIDIANS AND CLEAR YOUR MIND THROUGH MEDITATION

Relieving energy through meridian exercises will allow the muscles to relax and release the unused and unneeded energy. Once this energy is released and the meridian channels are open, life-force energy is free to flow through the body, improving overall health and wellness. After your meridians are open experience LifeParticles meditation.

All of us and everything around us are made of the same substance, called LifeParticles. When you view the world as LifeParticles, you tap into a vast reservoir of vitality and limitless creative potential. LifeParticle Meditation is an amazingly simple way to master it.