

~~FRIDAY FLOW~~

Friday Morning Flow is intended for current students interested in a guided practice outside of regular class time. During each segment we simply flow through the Qigong forms, with minimal cueing. A time to settle into movement, breath and intention.

8:00 - 8:25 AM Monday Morning Practices: *Lotus, San Jiao, Crane.*

8:30 - 8:55 AM Monday Afternoon Practices: *Vary Quarterly*

9:00 - 9:25 AM Tuesday Morning Practice: *Hands of the 18 Luohan*

Students are welcome to watch and/or participate in all sections. But if you choose to attend sections with practices which are unfamiliar to you, please take care to practice safely.

Payment is by Voluntary Contribution toward supporting this class offering. If you have the interest and the means, consider contributing \$5.00 or more per class segment attended by check, Venmo or Zelle to:

Michelle Thoreson, 3019 NW 57th St, Seattle, WA 98107

Venmo: @Michelle-Thoreson

Zelle: (206) 972-5878

FAQs

Should I keep my video on during Friday Flow?

Yes! Please, even if you are simply observing or are combining some practice with observing, keep your video on. Thank you.

What is the difference between the Monday Morning, Monday Evening, and the Tuesday morning classes? Please see the class descriptions on my website at:

<https://www.michellethoreson.net/qigong-classes.html>

More questions? Email me anytime. I welcome your questions and will typically respond within a day or two.