

The ChunHwa Training Centre

for Yoga, Tai Chi, Martial Arts, Healing & Tao Meditation


* **East End Location:** 1745 Montreal Road, Suite B, Ottawa, ON K1J 6N4

* **West End Location:** 1712 Carling Avenue, 2nd floor at Empower Me Yoga Studio

☎ 613-746-YOGA (9642)

May Class Schedule

www.ChunHwaYoga.ca

East End	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00 ~ 08:30 AM						DahnHakDo ALL LEVELS (KUAM)	
10:00 ~ 11:10 AM	CH Yoga (Sylvie)	CH Yoga (Kuam)	CH Yoga (Sylvie)	Tai Chi (Kuam)	CH Yoga (Sylvie)	CH Yoga (Kuam)	Tai Chi (Kuam)
06:00~ 07:10 PM		CH Yoga (Lise)		CH Yoga (Lise)	CH Yoga (Lyne)	Special Workshops	Special Workshops
06:30 ~ 07:40 PM	CH Yoga (Kuam)		CH Yoga (Kuam)				
07:30 ~ 08:40 PM		CH Yoga (Lyne)		CH Yoga (Lucille)	Tao Meditation		
08:00~ 09:30 PM	DahnHakDo ALL LEVELS (KUAM)		Tai Chi (Kuam)				

West End	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09:30 ~ 10:45 AM			CH Yoga (Kuam)		Tai Chi (Kuam)		
07:15 ~ 08:30 PM		Tai Chi (Kuam)		CH Yoga (Kuam)			

(tentative schedule for classes & instructors; subject to change)

< CH Yoga: ChunHwa Yoga >

- *Monday: Abdominal Cleansing
- *Wednesday: Chakra Breathing
- *Saturday: Bo Staff Stretching

- *Tuesday & Thursday: Deep Meridian Stretching & YunDan
- *Friday: Stress Away through Brain Wave Vibration

< Tai Chi > Korean Style

< DahnHakDo > Healing Martial Arts

< Tao Meditation > *Friday: ChunHwa Tao



Summer Meditation Retreat with Grand Master Man Wol Nim

Balance your body, quiet your mind and nurture your spirit

- * Sun Tao Living Lecture
- * Castor oil heat pack for intestine
- * Special Soul Training
- * Korean Ki - gong

* When: July 17 ~ July 22, 2012

* Where: HSP Earth Village, Vanderhoof, B.C

* Fee: \$980 + 5% GST

Check the May Event Calendar for Workshops =>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
May 2012 Event Calendar		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

*** No Classes at East End Location**

: May 20, 21, 26 & 27

*** DHD Self Training:** May 05, 07:00 am

*** Special Training with Master Myung Ah**

: May 02, 06:30~09:00 pm, No Evening Class

*** No Classes at West End Location**

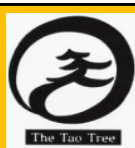
: May 22 ~25 & May 31

Self-Healing Training

\$100 for 2 workshops, \$60 for 1 workshop

1. 5 Organs Harmonizing Healing Training =>
2. Qi-Gong for Arthritis =>
3. Symptomatic Meridian Exercise =>
4. Chakra Breathing & Chanting =>
5. Ki-energy Circulation Meditation =>
6. Sound Healing Meditation

The Tao Tree



- * **Weekly Tao Class** by Book Club Leader
Class fee: Donation
- * **Monthly Tao Lecture** by Master Kuam
Toronto: No schedule
Montreal: May 11, Friday 07:00 ~ 09:00 pm
Ottawa: May 18, Friday 07:30 ~ 09:30 pm
 Class fee: Donation

Group Leadership Training

- * **Body & Brain Yoga Instructor**
The Post Training: TBD
- * **Dahn Master Training**
The Post Training: TBD

Self Leadership Training

- * **IA (Initial Awakening)**
May 20, Sun 09:00 am ~ 05:00 pm
Training Fee: \$180 + HST
- * **ShimSung (Finding True Self)**
Training Fee: \$350 + HST

Preparation Training:
June 29, Fri 11:30pm ~ 01:00pm or 07:30pm ~ 09:00pm

Main Training:
July 01 Sun, 08:00am ~ 06:00pm

Post Training:
July 08 Sun, 01:30 PM ~ 04:30 PM

- * **PBM (Power Brain Method)**

Meditation Tour

- * **Sedona Meditation**
May 21 ~ May 27, 2012
Fee: \$1,800 + 5% GST
- * **Earth Village Meditation**
July 17~ July 22, 2012
Fee: \$980 + 5% GST
- * **Korea Meditation**
September 30 ~ October 09, 2012
Fee: TBD