

# August 2009

July 2009							August 2009							September 2009							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4							1				1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30				
							30	31													

 MICHAEL SHAMAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park	27 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	28 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	29 5:00 PM APPRENTICE INITIATION Boulder Creek 5PM	30 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax 10:30 AM Tai Chi Chuan Peri Park, Fairfax	31	1
2 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park	3 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	4 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	5 5:00 PM APPRENTICE INITIATION Boulder Creek 5PM	6 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax 10:30 AM Tai Chi Chuan Peri Park, Fairfax	7	8
9 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park	10 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	11 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	12	13 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax 10:30 AM Tai Chi Chuan Peri Park, Fairfax	14	15
16 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park	17 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	18 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	19	20 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax 10:30 AM Tai Chi Chuan Peri Park, Fairfax	21	22
23 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park	24 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	25 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax	26	27 8:15 AM TAI CHI CHUAN Peri Park, Fairfax 9:30 AM QIGONG CLASS Dance Theatre 7, Fairfax 10:30 AM Tai Chi Chuan Peri Park, Fairfax	28	29
30 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park	31 9:00 AM QIGONG/TAI CHI CLASS Dance Theatre 7, Fairfax	1 9:00 AM QIGONG/TAI CHI CLASS Dance Theatre 7, Fairfax	2	3 9:30 AM QIGONG/TAI CHI CLASS Dance Theatre 7, Fairfax 7:00 PM 7PM Interactive Tai Chi Dance Theatre 7, Fairfax	4	5