

October 2009

September 2009							October 2009							November 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	5				1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

MICHAEL SHAMAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 AM Qigong & TAI CHI Class Half Moon Bay: Lois Arrigotti – Facilitator 10–11:30 AM</p>	<p>4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park</p>	<p>9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax</p>		<p>9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS</p>		
<p>10:00 AM Qigong & TAI CHI Class Half Moon Bay: Lois 7:00 PM TAI CHI INTERACTIVE SF Presidio Dance The-</p>	<p>4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park</p>	<p>9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax</p>		<p>9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS</p>		
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