

September 2009

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

MICHAEL SHAMAN

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|-----------|--|--------|---|
| 30 | 31 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park | 1 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax | 2 | 3 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS | 4 | 5 |
| 6 | 7 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park | 8 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax | 9 | 10 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS | 11 | 12 |
| 13 9:00 AM Qigong & TAI CHI WORKSHOP Half Moon Bay 9AM-12:30PM | 14 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park | 15 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax | 16 | 17 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS | 18 | 19 |
| 20 10:00 AM Qigong & TAI CHI Class Half Moon Bay: Lois Arrigotti – Facilitator 10-11:30 AM | 21 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park | 22 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax | 23 | 24 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS | 25 | 26 1:00 PM FAIRFAX BODY & SOUL FESTI- VAL 2-Person Interactive Tai Chi Chuan Demo Sifu Michael Shaman |
| 27 10:00 AM Qigong & TAI CHI Class Half Moon Bay: Lois Arrigotti – Facilitator 10-11:30 AM | 28 4:00 PM San Francisco SAN SHOU SET Class, Golden Gate Park | 29 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, Fairfax | 30 | 1 9:30 AM QIGONG/ TAI CHI CLASS Dance Theatre 7, 7:00 PM INTERAC- TIVE TAI CHI SELF DEFENSE CLASS | 2 | 3 |