



CHEN TAIJI BERN

STUNDENPLAN				
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09.30-10.45 Qigong				08.45 -10.00 Qigong
		12.15 - 13.30 Taiji B		10.00-11.15 Taiji A B
		16.30 - 17.45 Qigong		
17.45 - 19.00 Taiji B	17.45 - 19.00 Taiji A	17.45 - 19.00 Taiji B	17.45 - 19.00 Taiji A	
19.00 - 20.15 Taiji A	19.00 - 20.15 Taiji B	19.00 - 20.15 Taiji A	19.00 - 20.15 Taiji B	
20.15 - 21.30 Qigong	20.15 -21.30 Baji	20.15 - 21.30 Qigong	20.15 -21.30 Baji	

Taiji A: Einsteiger*innen Kurzform (Hexie)

Taiji B: Traditionelle Form (Laojia Yilu)