



# Michael Ledmans Yoga and T'ai Chi Ch'uan Winter Class Schedule

## Mondays

<p>4:15pm Yoga  <b>Class Dates</b>  <b>Winter Series</b>  <b>Series 1 January 23rd to March 12th (7 sessions)</b>  <b>(no class 2-20)</b>  <b>Series 2 March 26th to May 7th (7 sessions)</b></p> <p>Location:  Columbia Heights Community Education 763-528-4517</p> <p>Address:  1440 49<sup>th</sup> Ave NE  Columbia Heights, MN 55421-1939</p>	<p>8:00 PM T'ai Chi Ch'uan  <b>Class Dates:</b>  <b>Winter Series</b>  <b>Series 1 January 23rd to March 26th (8sessions)</b>  <b>(no class 2/20, 3/12)</b>  <b>Series 2 April 9th to May 21st (7 sessions)</b></p> <p>Location:  Osseo Community Education 763-391-7119</p> <p>Address:  317 2nd Ave NW  Osseo, MN 55369</p>
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## Tuesdays

<p>6:00 pm Yoga  <b>Class Dates :</b>  <b>Winter Series</b>  <b>Series 1 January 17th to February 28<sup>th</sup> (6sessions)</b>  <b>(no class 2-21)</b>  <b>Series 2 March 13th to May 1st (8 sessions)</b></p> <p>Location:  Columbia Heights Community Education 763-528-4517</p> <p>Address:  1440 49<sup>th</sup> Ave NE  Columbia Heights, MN 55421-1939</p>	<p>7:30 pm Yoga  <b>Class Dates:</b>  <b>Winter Series</b>  <b>Series 1 January 3rd to January 31st</b>  <b>Series 2 February 14th to March 27th</b></p> <p>Locations:  Fridley Community Education 763-502-5100</p> <p>Address:  6085 7th St NE  Minneapolis, MN 55432</p>
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## Wednesdays

<p>7:00pm T'ai Chi Ch'uan  <b>Class Dates:</b>  <b>Winter Series</b>  <b>Series 1 January 4th to February 15th (7 sessions)</b>  <b>Series 2 February 29th to April 21st (7 sessions)</b></p> <p>Locations:  St Anthony Community Services 612-76-1166</p> <p>Address:  3301 Silver Lake Rd NE  Minneapolis, MN 55418</p>	
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You can always visit my Website [WWW.MOVING-CHI.COM](http://WWW.MOVING-CHI.COM)  
or e-mail me ([moving-chi@moving-chi.com](mailto:moving-chi@moving-chi.com)) to get the latest  
schedule for classes near you!



### Thursdays

<p>4:30 pm Tai Chi Ch'uan <b>Class Dates:</b> <b>Winter Series <u>The class will be moving to room 141 in the high school</u></b> <b>Series 1 January 19th to March 8th (6 sessions)</b> <b>(no class 1-26 or 2-23 ??)</b> <b>Series 2 March 22nd to April 26th (6 sessions)</b></p> <p>Locations: Columbia Heights Community Education 763-528-4517</p> <p>Address: 1440 49<sup>th</sup> Ave NE Columbia Heights, MN 55421-1939</p>	<p>6:00pm Yoga <b>Class Dates:</b> <b>Winter Series</b> <b>Series 1 December 1st to January 19th (8 Sessions)</b> <b>Series 2 February 2dn to March 22nd (8 sessions)</b></p> <p>Location: Spring Lake Park Recreation 763-792-7201</p> <p>Location: 1301 81st Ave NE Minneapolis, MN 55432</p>
<p>8:00pm Yoga <b>Class Dates:</b> <b>Winter Series</b> <b>Series 1 January 5th to February 16th (7 sessions)</b> <b>Series 2 March 1st to April 26th (9 sessions)</b></p> <p>Location: St Anthony Community Services 612-76-1166</p> <p>Address: 3600 Highcrest Rd NE Minneapolis, MN 55418-1759</p>	

### Fridays

<p>10:30am Gentle Yoga <b>Class Dates:</b> <b>Winter Series</b> <b>Series 1 January 6th to February 17th (7 sessions)</b> <b>Series 2 March 2nd to April 13th (7 sessions)</b></p> <p>Locations: St Anthony Community Services 612-76-1166</p> <p>Address: 3301 Silver Lake Rd NE Minneapolis, MN 55418</p>	
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### Saturdays

<p>10:00am <i>Mindfulness</i> Yoga <b>Class Dates:</b> <b>Winter Series</b> <b>Series 1 January 7th to February 18th</b> <b>Series 2 March 3rd to March 31st)</b></p> <p>Location: Fridley Community Education 763-502-5100</p> <p>Address: 6085 7th St NE Minneapolis, MN 55432</p>	
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