



# Vital Ki Holistic Center

Contemporary Taoist Self Healing Arts

## Weekly Class Schedule

### Monday

**11am - Ki Training / Medit.**

**6pm - Ki Training / Medit.**

7:10pm - Ki Chanting

### Tuesday

10:10am - Ki Chanting

**11am - Ki Training / Medit.**

**6pm - Ki Training / Medit.**

7:10pm - Ki Chanting

**8pm - Ki Training / Medit.**

### Wednesday

**11am - Ki Training / Medit.**

**6pm - Ki Training / Medit.**

7:10pm - Ki Chanting

### Thursday

10:10am - Ki Chanting

**11am - Ki Training / Medit.**

**6pm - Ki Training / Medit.**

7:10pm - Ki Chanting

**8pm - Ki Training / Medit.**

### Friday

**11am - Ki Training / Medit.**

**6pm - Ki Training / Medit.**

7:10pm - Ki Chanting

### Saturday

10:10am - Ki Chanting

**11am - Ki Training / Medit.**

**Try your first class for free!  
Call 773 878 3989 to register.**