

Martial & Healing Arts

Spring 2012

Qi Gong	1 Credit
Instructor - Seifu Andrew Barkworth Tuesday 6:30PM - 7:25PM PED 103QG Section - 37577 Room - F-133 Jan 31, 2012- May 8, 2012	Instructor - Seifu Umar Sharif Friday - 12:30pm - 2:10pm PED101QG Section - 33207 Room - F-109 Feb 3, 2012- May 11, 2012

TAI CHI CHUAN	1 Credit
Instructor - Seifu Andrew Barkworth Wednesday - 6:45PM - 8:25PM PED 101TC Section - 33131 Room - F-133 Jan 25, 2012- May 2, 2012	

Minimizing Workplace Stress	1/2 Credit
Instructor - Seifu Andrew Barkworth Saturday - 9:30am - 11:30am WEDI05 Section - 33063 Room - F-109 Flex-Express 2 classes Feb 4, 2012 & Feb 25, 2012	

Meditation and Wellness	1 Credit
Instructor - Seifu Andrew Barkworth Friday - 9:15am - 10:20am WEDI62 Section - 32999 Room - F-133 Feb 10, 2012- May 4, 2012	

Auditory Meditation	2 Credits
Instructor - Seifu Andrew Barkworth Saturday - 9:30am - 11:30am WED257 Section - 33225 Room - F-109 Flex Express 5 classes: Mar 10 & 24th, Apr 7th & 21st, May 5th	

Register

- Office of Admissions
- 602-787-7000
- my.maricopa.edu



Paradise Valley Community College
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