



# Chemins et Découverte

## Cours hebdomadaire de *Qi Gong* traditionnel

**Aujac** 30450, mercredi **14h/15h30** Salle Polyvalente

2022 - 2023

| Septembre |                | Octobre |                | Novembre |                | Décembre |                | Janvier |                | Février |                | Mars |                | Avril |                | Mai  |                | Juin |                | Juillet |                           |
|-----------|----------------|---------|----------------|----------|----------------|----------|----------------|---------|----------------|---------|----------------|------|----------------|-------|----------------|------|----------------|------|----------------|---------|---------------------------|
| 1 J       |                | 1 S     |                | 1 M      |                | 1 J      |                | 1 D     |                | 1 M     | <i>Qi Gong</i> | 1 M  |                | 1 S   |                | 1 L  |                | 1 J  |                | 1 S     |                           |
| 2 V       |                | 2 D     |                | 2 M      |                | 2 V      |                | 2 L     |                | 2 J     |                | 2 J  |                | 2 D   |                | 2 M  |                | 2 V  |                | 2 D     | <i>Journée du Qi Gong</i> |
| 3 S       |                | 3 L     |                | 3 J      |                | 3 S      |                | 3 M     |                | 3 V     |                | 3 V  |                | 3 L   |                | 3 M  |                | 3 S  |                | 3 L     |                           |
| 4 D       |                | 4 M     |                | 4 V      |                | 4 D      |                | 4 M     |                | 4 S     |                | 4 S  |                | 4 M   |                | 4 J  |                | 4 D  |                | 4 M     |                           |
| 5 L       |                | 5 M     | <i>Qi Gong</i> | 5 S      |                | 5 L      |                | 5 J     |                | 5 D     |                | 5 D  |                | 5 M   | <i>Qi Gong</i> | 5 V  |                | 5 L  |                | 5 M     |                           |
| 6 M       |                | 6 J     |                | 6 D      |                | 6 M      |                | 6 V     |                | 6 L     |                | 6 L  |                | 6 J   |                | 6 S  |                | 6 M  |                | 6 J     |                           |
| 7 M       |                | 7 V     |                | 7 L      |                | 7 M      | <i>Qi Gong</i> | 7 S     |                | 7 M     |                | 7 M  |                | 7 V   |                | 7 D  |                | 7 M  | <i>Qi Gong</i> | 7 V     |                           |
| 8 J       |                | 8 S     |                | 8 M      |                | 8 J      |                | 8 D     |                | 8 M     | <i>Qi Gong</i> | 8 M  | <i>Qi Gong</i> | 8 S   |                | 8 L  |                | 8 J  |                | 8 S     |                           |
| 9 V       |                | 9 D     |                | 9 M      | <i>Qi Gong</i> | 9 V      |                | 9 L     |                | 9 J     |                | 9 J  |                | 9 D   |                | 9 M  |                | 9 V  |                | 9 D     |                           |
| 10 S      |                | 10 L    |                | 10 J     |                | 10 S     |                | 10 M    |                | 10 V    |                | 10 V |                | 10 L  |                | 10 M | <i>Qi Gong</i> | 10 S |                | 10 L    |                           |
| 11 D      |                | 11 M    |                | 11 V     |                | 11 D     |                | 11 M    |                | 11 S    |                | 11 S |                | 11 M  |                | 11 J |                | 11 D |                | 11 M    |                           |
| 12 L      |                | 12 M    | <i>Qi Gong</i> | 12 S     |                | 12 L     |                | 12 J    |                | 12 D    |                | 12 D |                | 12 M  | <i>Qi Gong</i> | 12 V |                | 12 L |                | 12 M    |                           |
| 13 M      |                | 13 J    |                | 13 D     |                | 13 M     |                | 13 V    |                | 13 L    |                | 13 L |                | 13 J  |                | 13 S |                | 13 M |                | 13 J    |                           |
| 14 M      |                | 14 V    |                | 14 L     |                | 14 M     | <i>Qi Gong</i> | 14 S    |                | 14 M    |                | 14 M |                | 14 V  |                | 14 D |                | 14 M | <i>Qi Gong</i> | 14 V    |                           |
| 15 J      |                | 15 S    |                | 15 M     |                | 15 J     |                | 15 D    |                | 15 M    | <i>Qi Gong</i> | 15 M | <i>Qi Gong</i> | 15 S  |                | 15 L |                | 15 J |                | 15 S    |                           |
| 16 V      |                | 16 D    |                | 16 M     | <i>Qi Gong</i> | 16 V     |                | 16 L    |                | 16 J    |                | 16 J |                | 16 D  |                | 16 M |                | 16 V |                | 16 D    |                           |
| 17 S      |                | 17 L    |                | 17 J     |                | 17 S     |                | 17 M    |                | 17 V    |                | 17 V |                | 17 L  |                | 17 M | <i>Qi Gong</i> | 17 S |                | 17 L    |                           |
| 18 D      |                | 18 M    |                | 18 V     |                | 18 D     |                | 18 M    | <i>Qi Gong</i> | 18 S    |                | 18 S |                | 18 M  |                | 18 J |                | 18 D |                | 18 M    |                           |
| 19 L      |                | 19 M    | <i>Qi Gong</i> | 19 S     |                | 19 L     |                | 19 J    |                | 19 D    |                | 19 D |                | 19 M  | <i>Qi Gong</i> | 19 V |                | 19 L |                | 19 M    |                           |
| 20 M      |                | 20 J    |                | 20 D     |                | 20 M     |                | 20 V    |                | 20 L    |                | 20 L |                | 20 J  |                | 20 S |                | 20 M |                | 20 J    |                           |
| 21 M      | <i>Qi Gong</i> | 21 V    |                | 21 L     |                | 21 M     |                | 21 S    |                | 21 M    |                | 21 M |                | 21 V  |                | 21 D |                | 21 M | <i>Qi Gong</i> | 21 V    |                           |
| 22 J      |                | 22 S    |                | 22 M     |                | 22 J     |                | 22 D    |                | 22 M    |                | 22 M | <i>Qi Gong</i> | 22 S  |                | 22 L |                | 22 J |                | 22 S    |                           |
| 23 V      |                | 23 D    |                | 23 M     | <i>Qi Gong</i> | 23 V     |                | 23 L    |                | 23 J    |                | 23 J |                | 23 D  |                | 23 M |                | 23 V |                | 23 D    |                           |
| 24 S      |                | 24 L    |                | 24 J     |                | 24 S     |                | 24 M    |                | 24 V    |                | 24 V |                | 24 L  |                | 24 M | <i>Qi Gong</i> | 24 S |                | 24 L    |                           |
| 25 D      |                | 25 M    |                | 25 V     |                | 25 D     |                | 25 M    | <i>Qi Gong</i> | 25 S    |                | 25 S |                | 25 M  |                | 25 J |                | 25 D |                | 25 M    |                           |
| 26 L      |                | 26 M    |                | 26 S     |                | 26 L     |                | 26 J    |                | 26 D    |                | 26 D |                | 26 M  |                | 26 V |                | 26 L |                | 26 M    |                           |
| 27 M      |                | 27 J    |                | 27 D     |                | 27 M     |                | 27 V    |                | 27 L    |                | 27 L |                | 27 J  |                | 27 S |                | 27 M |                | 27 J    |                           |
| 28 M      | <i>Qi Gong</i> | 28 V    |                | 28 L     |                | 28 M     |                | 28 S    |                | 28 M    |                | 28 M |                | 28 V  |                | 28 D |                | 28 M | <i>Qi Gong</i> | 28 V    |                           |
| 29 J      |                | 29 S    |                | 29 M     |                | 29 J     |                | 29 D    |                |         |                | 29 M | <i>Qi Gong</i> | 29 S  |                | 29 L |                | 29 J |                | 29 S    |                           |
| 30 V      |                | 30 D    |                | 30 M     | <i>Qi Gong</i> | 30 V     |                | 30 L    |                |         |                | 30 J |                | 30 D  |                | 30 M |                | 30 V |                | 30 D    |                           |
|           |                | 31 L    |                |          |                | 31 S     |                | 31 M    | <i>Qi Gong</i> |         |                | 31 V |                |       |                | 31 M | <i>Qi Gong</i> |      |                | 31 L    |                           |