

Class Schedule

Barefoot Sage Center · 14 E. Birch Avenue, Flagstaff · (928) 444-9411

	Wednesday	Thursday	Friday	Sunday
7:00 – 7:30 am Online	Longevity Qi Gong	Longevity Qi Gong	Longevity Qi Gong	—
7:30 – 8:00 am Online	Strength Series Functional Foot Gym Legs · Core	Strength Series Abdomen · Back Chest · Arms	Strength Series Whole Body	—
10:00 – 10:45 am In the Center	Longevity Qi Gong	Longevity Qi Gong	Friday Rotation 10:00 – 10:50 am	Longevity Qi Gong
10:50 – 11:30 am In the Center	Strength Series Functional Foot Gym Legs · Core	Strength Series Abdomen · Back Chest · Arms	One class each week — In the Center and streamed live	Strength Series Whole Body & Balance
7:00 pm Online	Special Topic Live lecture <i>except first Wednesday</i>	Wind Down A rotation of Yin Yoga, Yoga Nidra and guided meditation	—	—

Classes are for members of The Longevity Studio. Charter rate **\$59 a month**, rising to **\$75 on 1 January 2027**. Join before then and you keep the charter rate.

barefootsagecenter.com

Field Notes: Office Hours — first Wednesday of the month, 5:30 – 6:15 pm. Dr. Sara Hazel, often joined by Dr. Taylor Pagano or Dr. Christine Girard, and sometimes by invited physicians. A topic, then your questions. The 7:00 pm Special Topic stands down that week.

The classes

Longevity Qi Gong. Gentle movements out of antiquity — stretches that harmonize with nature, core strength and balance to cultivate longevity, vitality and deep peace. Medical Qi Gong in the rare Jinjing lineage of Master Wang Qingyu, taught by Dr. Sara Hazel.

Strength Series. Strength built from the ground up, one region at a time, across the week. **Wednesday** — Functional Foot Gym, legs and core. **Thursday** — abdomen, back, chest and arms. **Sunday in the Center, Friday online** — the whole body together, with balance.

The Friday Rotation. 10:00 – 10:50 am, in the Center and streamed live. One class each week, in this order, repeating:

- 1. Brain & Brilliance** — neck, head, eyes and mind
- 2. Barefoot Medicine & Movement**
- 3. The Sensual Unwind**

Mornings in the Center run back to back — Qi Gong, then Strength. Come for one or stay for both.

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