



## MONDAY

---

**5:30-7pm**  
**danceDaigre**  
 Chris Daigre

**7-8pm**  
**Chen Taiji Basics**  
 Derryl Willis, Seattle Chen Tai Chi

**8-9pm**  
**Laojia Yilu (continuing)**  
 Derryl Willis, Seattle Chen Tai Chi

## TUESDAY

---

**9:30-11am**  
**danceDaigre**  
 Chris Daigre

**12-1:18pm**  
**Conscious Dance Odyssey**  
 Bradley Ehrlich

**4-5pm**  
**Sil Lum Kids Kung Fu (7-12 year olds)**  
 Quatre Grey

**5-6pm**  
**Koo's Tai Chi**  
 Michele Miller

**6-7:30pm**  
**Sil Lum Kung Fu**  
 Michele Miller, Heather Coyle

**7:30-9pm**  
**Chen Taiji Private sessions**  
 Derryl Willis, Seattle Chen Tai Chi

## WEDNESDAY

---

**9-10am**  
**Awareness Through Movement- Feldenkrais class**  
 Vicki Robinson

**6-7pm**  
**Tai Chi Sword**  
 Michele Miller

**7:30-9pm**  
**Chen Taiji Private sessions**  
 Derryl Willis, Seattle Chen Tai Chi

## THURSDAY

---

**4:30-5:45pm (begins in April)**  
**Sil Lum Teens Kung Fu (10-14 year olds)**  
 Michele Miller

**6-7pm**  
**Pilates Mat**  
 Jordan Colvard

**7:30-9:00pm**  
**Chen Private Sessions**  
 Derryl Willis, Seattle Chen Tai Chi

## FRIDAY

---

**10:30-noon**  
**Inter-Play**  
 Rotating Instructors

**4-4:45pm**  
**Sil Lum Littles Kung Fu (4-6 year olds)**  
 Quatre Grey

**4-5pm**  
**Sil Lum Kids Kung Fu (7-12 year olds)**  
 Quatre Grey

**5-6pm**  
**Koo's Tai Chi**  
 Heather Coyle

**6-8pm**  
**Sil Lum Kung Fu- All Levels**  
 Michele Miller, Heather Coyle

## SATURDAY

---

**8:30-9:30am**  
**Chen Taiji Laojia Yilu (continuing)**  
 Derryl Willis, Seattle Chen Tai Chi

**9:30-10:30am**  
**Chen Taiji 19 form**  
 Derryl Willis, Seattle Chen Tai Chi

**10:30am-11:30pm**  
**Chen Taiji 38 form**  
 Derryl Willis, Seattle Chen Tai Chi

**12pm-1pm**  
**Chen Taiji Xinja Yilu**  
 Derryl Willis, Seattle Chen Tai Chi

## SUNDAY

---

**10:30am-noon**  
**Manimou's African Drum and Dance**  
 Manimou Camara

**12:15-1:45pm**  
**Wassa Dance\*(Afro-fusion)**  
**With Live Music!!**  
 Lara McIntosh  
*\*On 3<sup>rd</sup> Sunday of the month*

shiftseattle.com





SH/FT provides an optimal space for dancers, martial artists, or any movement practice.

The SHIFT studio space is available for rental for private and group movement classes, rehearsals, practices and workshops. Please check the rental calendar on our website for availability.

Our rates are \$10-15/ hour for rehearsals/practices and \$28-40/hour for all classes and events.

Our space is a 46x40 square foot studio with a sprung floor and floor-to-ceiling mirrors. There is ample lighting (both natural and artificial), dressing rooms and private bathroom. Please email with any questions or to reserve your space!

SHIFT was founded in 2010 as a space for movement and healing arts to coexist. We are open to all forms of movement and healing, and want to make our wonderful space available to anyone practicing movement and healing arts.

3517 Stone Way N.  
Seattle, WA 98103

[rentals@shiftseattle.com](mailto:rentals@shiftseattle.com)  
[www.shiftseattle.com](http://www.shiftseattle.com)

