

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Brookline, MA

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|-----|---|--|--|---------------------------------|-------------------------------------|-------------------------------------|
| 08:20 AM ~ 09:40 AM | | | | | | | |
| 09:50 AM ~ 11:10 AM | | Core Strengthening online | Body & Brain Yoga [All levels] in-studio online | Body & Brain Yoga [All levels] online | Tai Chi and Qigong in-studio | Energy Movement online | Yoga and Qigong in-studio online |
| 11:50 AM ~ 01:10 PM | | Self Healing with Wooden Pillow in-studio online | | Tai Chi and Qigong in-studio online | | Meditation in-studio | |
| 04:20 PM ~ 05:40 PM | | | Tai Chi and Qigong online | | | | |
| 06:20 PM ~ 07:40 PM | | Self Healing with Wooden Pillow in-studio online | Body & Brain Yoga [All levels] in-studio online | Tai Chi and Qigong in-studio | Tai Chi and Qigong online | Energy Movement in-studio online | |