

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Honolulu, HI

	SUN	MON	TUE	WED	THU	FRI	SAT
08:00 AM ~ 09:00 AM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		Open Class
10:00 AM ~ 11:00 AM		Self Healing with Wooden Pillow	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Energy Movement	Open Class
06:00 PM ~ 07:10 PM		Self Healing with Wooden Pillow		Tai Chi and Ki gong		Energy Movement	
06:30 PM ~ 07:40 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		