

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Brookline, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:40 AM		Core Strengthening (Online)		Self Healing with Wooden Pillow (Online)		Meditation (Online)	
10:00 AM ~ 11:10 AM		Core Strengthening (Online)	Body & Brain Yoga [All levels] (Online)	Body & Brain Yoga [All levels] (Online)	Tai Chi and Qigong (Online)	Energy Movement (Online)	Body & Brain Yoga [All levels] (Online)
12:00 PM ~ 01:10 PM	Body & Brain Yoga [All levels] (Online)	Body & Brain Yoga [All levels] (Online)	Body & Brain Yoga [All levels] (Online)	Core Strengthening (Online)	Body & Brain Yoga [All levels] (Online)	Body & Brain Yoga [All levels] (Online)	Tai Chi and Qigong (Online)
02:30 PM ~ 03:40 PM		'Power Brain' Yoga for Kids (Online)	Yoga for Seniors (Online)	'Power Brain' Yoga for Kids (Online)	Yoga for Seniors (Online)	Meditation (Online)	
04:30 PM ~ 05:40 PM		Body & Brain Yoga [All levels] (Online)	Tai Chi and Qigong (Online)	Self Healing with Wooden Pillow (Online)	Tai Chi and Qigong (Online)	Tai Chi and Qigong (Online)	
06:30 PM ~ 07:40 PM		Core Strengthening (Online)	Body & Brain Yoga [All levels] (Online)	Tai Chi and Qigong (Online)	Body & Brain Yoga [All levels] (Online)	Energy Movement (Online)	