WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Brookline, MA

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