

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Valley, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Tai Chi and Qigong in-studio
06:00 PM ~ 07:00 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	