

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Brea, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM							Body & Brain Yoga [All levels] in-studio online.
10:00 AM ~ 11:00 AM		Core Strengthening in-studio online.	Tai Chi and Qigong in-studio online.	Body & Brain Yoga [All levels] in-studio online.	Tai Chi and Qigong in-studio online.	Energy Movement in-studio online.	
10:30 AM ~ 11:30 AM							Tai Chi and Qigong in-studio online.
04:00 PM ~ 05:00 PM					'Power Brain' Yoga for Kids (In-Studio)		
06:00 PM ~ 07:00 PM		Core Strengthening in-studio online.	Tai Chi and Qigong in-studio online.	Body & Brain Yoga [All levels] in-studio online.	Tai Chi and Qigong in-studio online.	Energy Movement in-studio online.	
07:30 PM ~ 08:30 PM		Self Healing with Wooden Pillow in-studio online.		Tai Chi and Qigong in-studio online.			