

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Brookline, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
06:30 AM ~ 07:15 AM		Meditation online		Body & Brain Yoga [All levels] online	Meditation online		
08:30 AM ~ 09:40 AM		Core Strengthening online		Self Healing with Wooden Pillow online			Meditation online
10:00 AM ~ 11:10 AM	Body & Brain Yoga [All levels] online	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
12:00 PM ~ 01:10 PM	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Self Healing with Wooden Pillow online	Body & Brain Yoga [All levels] online	Self Healing with Wooden Pillow online	Tai Chi and Qigong online
02:30 PM ~ 03:40 PM			Yoga for Seniors online		Yoga for Seniors online	Meditation online	
04:30 PM ~ 05:40 PM		Core Strengthening online	Tai Chi and Qigong online		Self Healing with Wooden Pillow online		
06:30 PM ~ 07:40 PM		Self Healing with Wooden Pillow in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Energy Movement in-studio online	
			Meditation			Meditation	

09:30 PM ~ 10:15 PM	SUN	MON	online TUE	WED	THU	online FRI	SAT