

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Durango, NV

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:10 AM</b>		Self Healing with Wooden Pillow in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
<b>05:30 PM ~ 06:40 PM</b>		Self Healing with Wooden Pillow in-studio online		Body & Brain Yoga [All levels] in-studio online			
<b>06:00 PM ~ 07:10 PM</b>			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online	Energy Movement in-studio online	