

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Tualatin, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
01:00 PM ~ 01:30 PM							Tai Chi and Qigong online
02:00 PM ~ 02:30 PM			Meditation online		Meditation online		
04:00 PM ~ 04:30 PM		Meditation online		Meditation online		Meditation online	
06:00 PM ~ 07:00 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	