

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rolling Hills, CA

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|-----|--|---|---|-----------------------------------|---|---|
| 10:00 AM ~ 11:00 AM | | Self Healing with Wooden Pillow online | Core Strengthening online | Body & Brain Yoga [All levels] online | Tai Chi online | Energy Movement online | Body & Brain Yoga [All levels] online |
| 01:00 PM ~ 02:00 PM | | | Tai Chi and Qigong (In-Studio) | | Yoga and Qigong (In-Studio) | | |
| 06:00 PM ~ 07:00 PM | | Self Healing with Wooden Pillow online | Tai Chi online | Body & Brain Yoga [All levels] online | Tai Chi online | Energy Movement online | |