

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, New City, NY

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

		online	online	online	online	online	
07:00 PM ~ 08:00 PM		Self Healing with Wooden Pillow in-studio		Tai Chi and Qigong in-studio			
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels] online		