WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mesa, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
08:55 AM ~ 10:10 AM		Self Healing with Wooden Pillow in-studio online.		Tai Chi and Qigong in-studio online.		Energy Movement in-studio online.	Meditation & Stretching in-studio online.
11:55 AM ~ 01:10 PM			Yoga and Qigong in-studio online.		Tai Chi and Qigong in-studio online.		
04:55 PM ~ 06:10 PM		Meditation & Stretching in-studio					
05:55 PM ~ 07:10 PM			Self Healing with Wooden Pillow in-studio online.	Tai Chi and Qigong in-studio online.	Yoga and Qigong in-studio online.		