

# 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			
10:00 AM ~ 11:00 AM	Yoga and Qigong online	Yoga and Qigong in-studio online	Chair Yoga in-studio online	Tai Chi and Qigong in-studio online		Body & Brain Yoga [All levels] online	Yoga and Tai Chi in-studio online
10:30 AM ~ 11:30 AM					Yoga and Tai Chi online		
12:00 PM ~ 01:00 PM	Yoga and Qigong 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		Body & Brain Yoga [All levels] online	Self Healing with Wooden Pillow in-studio			Energy Movement in-studio online	
07:00 PM ~ 08:00 PM		Yoga and Qigong in-studio online		Tai Chi and Qigong in-studio online		Energy Movement online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels]		

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