

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Pasadena, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
06:00 PM ~ 07:10 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio online	Energy Movement online	
07:30 PM ~ 08:40 PM		Core Strengthening in-studio online		Self Healing with Wooden Pillow in-studio online			