

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rolling Hills, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Meditation 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 ~ 07:00 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	
09:00 PM ~ 09:30 PM		Meditation online			Meditation online		