

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, White Plains, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
06:30 AM ~ 07:30 AM				Yoga and Qigong online			
08:30 AM ~ 09:30 AM		Yoga and Qigong online		Yoga and Qigong online		Yoga and Qigong online	
10:30 AM ~ 11:30 AM	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online
12:00 PM ~ 01:00 PM	Yoga and Qigong online						Yoga and Qigong online
05:30 PM ~ 06:30 PM		Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	
07:30 PM ~ 08:30 PM		Self Healing with Wooden Pillow online		Yoga and Qigong online			