

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, White Plains, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM	Yoga and Qigong online			Tai Chi and Qigong online			Tai Chi and Qigong online
12:00 PM ~ 01:00 PM	Tai Chi and Qigong online						
01:00 PM ~ 02:00 PM							Yoga and Qigong online
05:30 PM ~ 06:30 PM			Yoga and Qigong online		Tai Chi and Qigong online	Tai Chi and Qigong online	
07:00 PM ~ 08:00 PM				Tai Chi and Qigong online			