

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, West Linn, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM						Yoga and Qigong online	
09:00 AM ~ 10:00 AM					Tai Chi and Qigong online		Yoga and Qigong online
06:45 PM ~ 07:45 PM					Tai Chi and Qigong online		