

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Beaverton, OR

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|-----|-----|-----|-----|---------------------------------|---------------------------------|-----|
| 10:00 AM ~ 11:00 AM | | | | | | Tai Chi and Qigong in-studio | |
| 06:00 PM ~ 07:00 PM | | | | | Tai Chi and Qigong in-studio | | |