

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Beaverton, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM							Yoga and Tai Chi online
10:00 AM ~ 11:00 AM						Tai Chi and Qigong in-studio	
06:30 PM ~ 07:45 PM					Tai Chi and Qigong online		