

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, New City, NY

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