

Current Class Schedule

Brookline Tai Chi
Movement. Balance. Wellness.

FALL SESSION 2021
Mon. Sept. 20– Sat. Dec. 11

		Price / Member price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For New Students	Tai Chi Qigong 101	225/180						9–10am Allen
	Tai Chi for Healthy Aging	155		11am-noon Don			11am-noon Don	
For Returning and Advanced Students	Tai Chi 102	225/180						10:30– 11:30am Allen
	Tai Chi for Healthy Aging 2	180	2–3pm Don			2-3pm Don		
	Qigong Workout	225/180	10:30-11:30am Allen					
	Qigong: Sit, Stand, Walk, Breathe	225/180			5:15-6:15pm Allen			
	The Four Powers: Peng Lu Ji An	225/180			7–8pm Allen			
	Rise Up Rooted	225/180	5:15–6:15pm Don					
	5,000 Sparrows	225/180	6:30-7:30pm Don					
	Wood, Stone, Iron and Silk	225/180		5:15– 6:15pm Don				
	Yang in Three	225/180		6:30-7:30pm Don				
	8 Essential Moves	225/180				5:15–6:15pm Don		
	Yiquan	225/180				6:30-7:30pm Don		
	Yang Style Short Form I	225/180		5:30-6:30pm Jon				
	Wu Style Short Form I	360/310	10:45-11:45am Alan	10:45- 11:45am Alan	8-9pm Alan	1:15-2:15pm Alan		
	Wu Style Short Form II	360/310			6:45-7:45pm Alan	10:45-11:45 Alan		11:15am– 12:15pm Alan
	Wu Style Long Form II	360/310		Noon-1pm		Noon-1pm		
Wu Style Long Form III	360/310		6:45– 7:45pm Alan	10:45am– 11:45am Alan	7-8pm Alan		10-11am Alan	

To register: BrooklineTaiChi.org

Updated Sept. 10, 2021