

Brookline Tai Chi

Movement. Balance. Wellness.

SPRING SESSION 2022
Mon. Apr. 4 – Sat. June 25

*= Multiclass discounts for 2 or more Classes: 195/class non-members; 150/class BTC members.

Select option at online checkout.

#=price covers both sessions each week at half the cost of regular classes

| | | Price / Member price | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------------------------|--|----------------------|---------------------|------------------|----------------------|------------------|------------------|---------------------|----------------------|
| For New Students | Tai Chi/Qigong 101 | 375/295 | | 5:15-6:15 Don | | | | 9-10am Allen | |
| | Tai Chi for Healthy Aging & Better Balance 1 | 225# | 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 1.5 | 225# | | 11am-noon Don | | | 11am-noon Don | | |
| | Tai Chi for Healthy Aging 2 | 225# | 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 | | | | |
| | Primal Qigong I | 225/180* | 5:15-6:15pm Don | | | | | | |
| | Dan Lian: Single Move Training | 225/180* | 6:30-7:30pm Don | | | | | | |
| | Yiquan | 225/180* | | 6:30-7:30pm Don | | | | | |
| | Kuntao-Silat | 225/180* | | | 6-7PM Don | | | | |
| | Primal Qigong II | 225/180* | | | | 5:15-6:15pm Don | | | |
| | Yang in Three | 225/180* | | | | 6:30-7:30pm Don | | | |
| | Yang Style Short Form 3 rd sect. | 225/180* | | | 5:30-6:30pm Jon | | | | |
| | 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 | | 12:30-1:30 Alan |
| 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 Mar. 22, 2022