

Brookline Tai Chi

Movement. Balance. Wellness.

FALL SESSION 2022
Mon. Sept. 19 – Sat. Dec. 10

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

Select option at online checkout.

| | | Price / Member price | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|----------------------|------------------------|-------------------------|----------------------|---------------------|-----------------|-------------------------|
| For New | Tai Chi/Qigong 101 | 375/295 | | 5:15-6:15 Don | | | | 9-10am Allen |
| For Returning and Advanced Students | Tai Chi 102 | 225/180* | | | | | | 10:30-11:30am Allen |
| | Tai Chi for Healthy Aging 1.5 | 240 | 11am-noon Don | | | 11am-noon Don | | |
| | Tai Chi for Healthy Aging 2 | 240 | | 2-3pm Don | | | 2-3pm Don | |
| | Qigong Workout | 135/105* | 10:30-11:30am Allen | | | | | |
| | 3 Dantien Qigong As Spiritual Practice | 225/180* | | | 5:15-6:15pm Allen | | | |
| | Stance and Posture | 225/180* | 5:15-6:15 Don | | | | | |
| | Dan Lian: Single Move Training | 225/180* | 6:30-7:30pm Don | | | | | |
| | Yang in Three | 225/180* | | 6:30-7:30pm Don | | | | |
| | Staff Sword | 225/180* | | | | 5:15-6:15 Don | | |
| | Yi Quan | 225/180* | | | | 6:30-7:30pm Don | | |
| | Yang Style Form: Beginner/1st sect. | 225/180* | | 4-5pm | | | | |
| | Yang Style Form: Advanced | 225/180** | | 5:15-6:15pm Jon | | | | |
| | Wu Style Short Form II | 360/310 | | | | 10:45-11:45 Alan | | 11:15am-12:15pm Alan |
| | Wu Style Long Form I | 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 Sept.11, 2022