

Brookline Tai Chi

Movement. Balance. Wellness.

WINTER SESSION 2023

Mon. Jan. 2 – Sat. Mar. 25

*= 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 Students	Tai Chi/Qigong 101 Six week class	195/150		5:15-6:15 Don				9–10am Allen
	Tai Chi/Qigong 101 In-Person Weston Six week class					1:30-2:30pm Allen		
	Tai Chi for Healthy Aging & Better Balance 1	240	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	240		11am-noon Don			11am-noon Don	
	Tai Chi for Healthy Aging 2	240	2–3pm Don			2-3pm Don		
	Yang Style: Form and Function	225/180*	5:15-6:15pm Don					
	Rooting	225/180*	6:30-7:30pm Don					
	Dragon (Loong Gong)	225/180*		6:30-7:30pm Don	7–8pm Allen			
	Jings	225/180*				5:15–6:15pm Don		
	Yi Quan	225/180*	6:30-7:30pm Don			6:30-7:30pm Don		
	Yang Style Short Form Advanced	225/180*		5:30-6:30pm Jon				
	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		10:45- 11:45am Alan

To register: BrooklineTaiChi.org

Updated Dec. 16, 2022

Workshops:

Sun. Jan 22. THE 4 QUADRANTS: YIN/YANG SQUARED, 10am-Noon (Zoom); 60/75.
With BTC Director Don Miller

Sun. Jan 29. TEACUPS QIGONG, 10am-Noon (Zoom); 60/75
With BTC Senior Instructor Allen Bourque