

# Brookline Tai Chi

Movement. Balance. Wellness.

Spring SESSION 2023  
 Mon. Apr. 3 – Sat. June 24

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

Select option at online checkout.

|                                     |  | Price/<br>Member<br>price | Monday              | Tuesday                     | Wednesday          | Thursday           | Friday                    | Saturday                   |
|-------------------------------------|--|---------------------------|---------------------|-----------------------------|--------------------|--------------------|---------------------------|----------------------------|
| For New Students                    | Tai Chi/Qigong 101<br>Six week class                           | 120                       |                     |                             |                    |                    |                           | 9–10am<br>Allen            |
|                                     | Tai Chi/Qigong 101<br>In-Person Weston<br>Six week class       | 120                       |                     |                             |                    | 1:30-2:30<br>Allen |                           |                            |
| For Returning and Advanced Students | Tai Chi 102  | 225/180*                  |                     |                             |                    |                    |                           | 10:30–<br>11:30am<br>Allen |
|                                     | Tai Chi for<br>Healthy Aging &<br>Better Balance 1.5           | 240                       |                     | 11am-noon<br>Don            |                    |                    | 11am-noon<br>Don          |                            |
|                                     | Tai Chi for Healthy<br>Aging & Better<br>Balance 2             | 240                       |                     | 2–3pm<br>Don                |                    | 2-3pm<br>Don       |                           |                            |
|                                     | Dan Lian: Single<br>Move Training                              | 225/180*                  | 5:30-6:30pm<br>Don  |                             |                    |                    |                           |                            |
|                                     | Wood Iron Silk Stone:<br>Tai Chi with Objects<br>and Equipment | 225/180*                  |                     | 5:30-6:30pm<br>Don          |                    |                    |                           |                            |
|                                     | 12 Jings   | 225/180*                  |                     |                             | 5:30-6:30pm<br>Don |                    |                           |                            |
|                                     | Wu Style<br>Long Form II                                       | 360/310                   |                     | Noon-1pm                    |                    | Noon-1pm           |                           | 12:30-1:30<br>Alan         |
| Wu Style<br>Long Form III           | 360/310  |                           | 6:45–7:45pm<br>Alan | 10:45am–<br>11:45am<br>Alan | 7-8pm<br>Alan      |                    | 10:45-<br>11:45am<br>Alan |                            |

To register: [BrooklineTaiChi.org](http://BrooklineTaiChi.org)

Updated Mar 13, 2023

## Workshops:

**Sun. Mar.26. THE TEN ENERGY CENTERS, 10am-Noon (Zoom); 65/85.  
 With BTC Director Don Miller**

**Sun. Apr. 9. TEACUPS QIGONG, 10am-Noon (Zoom); 60/75.  
 With BTC Senior Instructor Alan Bourque**