

# 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/ Member price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For New Students	Tai Chi/Qigong 101 (Six week class)	120						9–10am Allen
	Tai Chi/Qigong 101 In-Person Weston (Six week class)	120				1:30-2:30 Allen		
For Returning and Advanced Students	Seated Qigong (Six week class)	120/110						10:30– 11:30am Allen
	Tai Chi for Healthy Aging & Better Balance 1.5	240		11am-noon Don			11am-noon Don	
	Tai Chi for Healthy Aging & Better Balance 2	240		2–3pm Don			2-3pm Don	
	Dan Lian: Single Move Training	225/180*	5:30-6:30pm Don					
	Wood Iron Silk Stone: Tai Chi with Objects and Equipment	225/180*		5:30-6:30pm Don				
	12 Jings	225/180*			5:30-6:30pm Don			
	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](http://BrooklineTaiChi.org)

Updated Mar 29, 2023

## Workshops:

**Sun. Apr. 23. TEACUPS QIGONG, 10am-Noon (Zoom); 60/75.**  
 With BTC Senior Instructor Allen Bourque

**Sun, Apr. 30. FIVE HANDS (WU SHOU), 10am-Noon (Zoom); 65/85.**  
 With BTC Director Don Miller