

| | | Price/ Member price | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------------------------|--------------------|---------------------|-----------------------------|----------------|----------------|---------------------------|
| For New Students | Tai Chi/Qigong 101 | 160 | | | | | | 9–10am Allen |
| | Tai Chi/Qigong 101 | 160 | 5:30-6:30 Allen | | | | | |
| For Returning and Advanced Students | Morning Practice | 120-315* | 10-11Am Don | 10-11Am Don | 10-11Am Don | 10-11Am Don | 10-11Am Don | |
| | Qigong as Spiritual Practice | 160 | | | 7:30-8:30 Allen | | | |
| | Qigong as Spiritual Practice | 160 | | | | | | 10:30-11:30 Allen |
| | Yang Style Form 1 st Section | 160 | | | 5:30-6:30 Allen | | | |
| | Wu Style Long Form II | 240/210 | | Noon-1pm | | Noon-1pm | | 12:30-1:30 Alan |
| | Wu Style Long Form III | 240/210 | | 6:45–7:45pm Alan | 10:45am– 11:45am Alan | 7-8pm Alan | | 10:45- 11:45am Alan |

To register: BrooklineTaiChi.org

Updated June 15

***Morning Practice prices:**

--Healthy Aging students: 2x/week: \$155; 3-5x/week: \$215.

--BTC Students: 1x/week: \$120; 2x/week: 185; 3-5x: \$275

--Non-BTC Students: 1x/week: \$150; 2x/week 235; 3-5x/week: \$315

Workshops:

Sun. June 25. INTERACTIVE TAI CHI, 10am-noon. (IN-PERSON, Acton Ma.); 65/75.

Sun. July 9 GREAT WALL (CHANGCHENG) QIGONG, 10am-noon (Zoom); 65/75

Sun. July 23 IRON SILK WOOD STONE, 10am-noon (IN-PERSON, Acton, Ma.); 65/75
SUNDAY 7/23, 10am-12 Noon / In Person / Acton, Ma