

		Price/ Member price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For New Students	A Taste of Tai Chi	29 for 3 classes						
	Tai Chi Qigong 101	210 / 180						9:00– 10:00am Allen B
For Returning and Advanced Students	Tai Chi 102	210 / 180						10:30– 11:30am Allen B
	Tai Chi for Healthy Aging and Better Balance 2	105	2–3pm Susanne				1–2pm Don	
	Peng Lu Ji An: The Four Powers	130 / 105			5:30– 6:30pm Allen B			
	Rooting	210 / 180	5–6pm Don			5:00–6:00pm Don		
	Eight Essential Moves	210 / 180	6:30– 7:30pm Don			6:30–7:30pm Don		
	Sticks and Stones Tai Chi Equipment Training	130/105			5–6pm Don			
	Tai Chi 301 Advanced Work	130/105			6:30– 7:30pm Don			
	Qigong: Circles, Spirals and Spheres	130/105			7-8pm Allen			
	Wu Style Short Form Introduction 2nd Section	210/180		10:45- 11:45pm Alan	6:15-7:15 Alan	10:45- 11:45pm Alan		
	Wu Style Short Form Level 2	210/180			noon– 1:00pm Alan			11:15am– 12:15pm Alan
	Wu Style Long Form Level 1	210/180		noon-1pm Alan		noon-1pm Alan		12:30– 1:30pm Alan
	Wu Style Long Form Level 2	210/180		5-6pm Alan		5-6pm Alan		
	Wu Style Long Form Level 3	270/230		6:45– 7:45pm Alan	10:45am– 11:45pm Alan	7:15–8:15pm Alan		10-11am Alan

To register: BrooklineTaiChi.org

Updated Oct. 17, 2020