

# Class Schedule

Brookline Tai Chi  
Movement. Balance. Wellness.

WINTER SESSION 2022  
Mon. Jan. 3 – Sat. Mar. 26

\* Multiple discounts for 2 or more Classes: 195/class non-members; 150/class BTC members.  
Select option at online checkout.

	First Member price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For New Students	Tai Chi/Qigong 101	275/265		5:15-6:15 Don			9-10am Alt
	Tai Chi for Healthy Aging & Better Balance	175	11am-noon Don			11am-noon Don	
For Returning and Advanced Students	Tai Chi 102	225/180*					10:30-11:30am Alt
	Tai Chi for Healthy Aging 1 & 2	185		11:00-noon Don			
	Tai Chi for Healthy Aging 2	195		2-3pm Don		2:30pm Don	
	Qigong Workout	225/180*	10:30-11:30am Alt				
	Qigong: Qi, Breath, Walk, Stretch	225/180*			9:15-10:15am Alt		
	The Four Postures: Cheng, Lu, Ji, Bi	225/180*			3-3pm Alt		
	Flowing Sun Gong: Standing and Moving	225/180*		5:15-6:15pm Don			
	Don Liang: Single Move Training	225/180*		6:30-7:30pm Don			
	Yang In Three	225/180*		6:30-7:30pm Don			
	Martial Tai Chi	225/180*			6-7PM Don		
	Private Qigong	225/180*				5:15-6:15pm Don	
	Five Thousand Sparrows	225/180*				6:30-7:30pm Don	
	Yang Style Short Form I	225/180*		5:30-7:30pm Jan			
	Wu Style Short Form I, 2 <sup>nd</sup> section	300/210	6-6:45 Alt		12-1pm Alt		
	Wu Style Short Form II	300/210			6:45-7:45pm Alt	12:45-1:45 Alt	
	Wu Style Long Form II	300/210		noon-1pm		noon-1pm	
	Wu Style Long Form II	300/210		6:45-7:45pm Alt	10:45am-11:45am Alt	7:45pm Alt	10-11am Alt

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

Updated 01/19/22