

SCHEDULE:

- 8 AM - Meditation
 Tai Chi/Qigong chair
 Yoga
- 9:15AM Pranayama/Stress reduction/Breath Control
 Chair Yoga
 Tai Chi/Qigong - 24 Form & Variations
- 10:30AM Chair tai chi/qigong
 Yoga
- Noon Tai Chi
 Yoga
 Tai Chi/Qigong for the Whole Family
- 1:15PM Yoga
 Tai Chi
 Yoga for the Whole Family
- 2:30PM Tai Chi/Qigong
 Yoga
 Tai Chi - Fan form

At 3:30 - 4:00 we will have information sharing - meet the teachers and ask questions. We will be running several different yoga and tai chi videos throughout the day for a minimal donation-a great way to rest in between classes.