

# BOSTON REGIONAL & NATIONAL ONLINE SCHEDULE

Check email  
for password



Boston Online Classes



HQ National Online Class

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 am						<u>Bowing Meditation</u> (Barbara)	
9:50 am	<u>Intestine Exercise</u> (ChunShim)	<u>Body &amp; Brain Yoga</u> (Courtney)	<u>Body &amp; Brain Yoga</u> (ChunShim)	<u>Tai Chi/ Qigong</u> (DoRyae)	<u>Vibration &amp; Energy Movement</u> (ChunShim)	<u>Body &amp; Brain Yoga</u> (Meghan)	
11:50 am	<u>Intestine Exercise w/ Wooden Pillow</u> (Meghan)		<u>Tai Chi/ Qigong</u> (Courtney)				On-Demand (available all day)
12:50 pm		<u>Chair Yoga</u> (Carol L.)		<u>Breathwork &amp; Meditation</u> (Courtney)		<u>Body &amp; Brain Yoga &amp; Tai Chi</u> (Jordan D.)	
6:20 pm	<u>Intestine Exercise w/ Wooden Pillow</u> (Meghan)	<u>Body &amp; Brain Yoga</u> (Luke)	<u>Tai Chi/ Qigong</u> (Sholeh)	<u>Tai Chi/ Qigong</u> (Luke)	<u>Vibration &amp; Energy Movement</u> (Meghan)		
7-8 pm	<u>Intestine Exercise</u> (Melanie K.)		<u>Strength Qigong</u> (Iqbal S.)		<u>Energy Flow</u> (Diep M.)		
9-10 pm				<u>Body &amp; Brain Yoga</u> (David D.)			

# NEW ONLINE CLASS SCHEDULE

*We're mixing things up with more variety!*



**Class times include warm-ups, so please be on time. Rename yourself with your NAME & CENTER.**

**We need you to do this so we can record attendance properly.**

## **Body & Brain Yoga:**

Meridian stretching, breathing and meditation postures to help you circulate and accumulate energy.

## **Intestine Exercise:**

Build strength & flexibility in your internal organs with intestine exercises and various exercises focused on activating the gut and strengthening the core.

## **Tai Chi/Qi Gong:**

Gentle moving meditation and postures for strength and stability. Improve your balance, body awareness and energy circulation.

## **Chair Yoga:**

Body & Brain Yoga from a chair! Enjoy gentle exercises to awaken and circulate energy.

## **Vibration & Energy Movement:**

Stretching, shaking, tapping, dancing and sound vibration to help activate and balance your chakras.

## **Breathwork & Meditation:**

A gentle flow of stretching with more time for relaxation and meditation.