



BOSTON REGIONAL & NATIONAL ONLINE SCHEDULE

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Boston Online Classes



HQ National Online Class

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:50 am	<u>Intestine Exercise</u> (ChunShim)	<u>Body & Brain Yoga</u> (Erin)	<u>Body & Brain Yoga</u> (Luke)	<u>Tai Chi/ Qigong</u> (DoRyae)	<u>Vibration & Energy Movement</u> (ChunShim)	<u>Body & Brain Yoga</u> (Erin)	
11:50 am	<u>Intestine Exercise w/ Wooden Pillow</u> (Erin)		<u>Tai Chi/ Qigong</u> (Erin)				On-Demand (available all day)
1-2:00 pm		<u>Chair Yoga</u> (Laura Proppe)		<u>Breathwork & Meditation</u> (Courtney)		<u>Body & Brain Yoga & Tai Chi</u> (Rotating)	
6:20 pm	<u>Intestine Exercise w/ Wooden Pillow</u> (Erin)	<u>Body & Brain Yoga</u> (Luke)	<u>Tai Chi/ Qigong</u> (Sholeh)	<u>Tai Chi/ Qigong</u> (Luke)	<u>Vibration & Energy Movement</u> (Erin)		
7-8 pm	<u>Intestine Exercise</u> (Melanie K.)		<u>Strength Qigong</u> (David Driscoll)		<u>Energy Flow</u> (Uthara R.)		
9-10 pm				<u>Body & Brain Yoga</u> (Danielle G.)			

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.