#### Tai Chi USA Schedule of Classes

Masks are required for all indoor classes and recommended for outdoor classes.

Indoor classes require signing up, since we are required to keep safe distances.

All classes now require school monthly dues to be paid.

# **Sunday Morning**

White Lotus Qigong Class (Online)

Time: 11:00 AM ET Instructor: Bobbi Location: ONLINE

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi

# **Monday Morning**

Tai Chi and Pine Tree (Indoors)

Time: 10:00 AM ET Instructor: Fran

Location: PINK FLOOR

Sign up: Maximum of 6 Students: Sign Up Sheet

Tai Chi and Pine Tree (Online)

Time: 10:00 AM ET Instructor: Pam Location: ONLINE

This is a normal morning class. We will do the Pine tree exercises and the Twelve. Plus one paragraph of the long form depending on time and attendance.

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi

# Monday Evening

Tai Chi and Pine Tree (Indoors)

Time: 7:00 PM ET Instructor: Erik

Location: PINK FLOOR

Sign up: Maximum of 6 Students: Sign Up Sheet

# **Tuesday Morning**

Tai Chi (Indoors)

Time: 10:00 AM ET Instructor: Shirley Location: PINK FLOOR

Sign up: Maximum of 4 Students: Sign Up Sheet

Eight Treasures Qigong (Online)

Time: 10:00 AM ET Instructor: Bobbi Location: ONLINE

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi

# **Tuesday Evening**

Open Practice (Indoors)

Time: 7:00 PM ET

Location: PINK FLOOR

Tai Chi and Pine Tree (Indoors)

Time: 08:00 PM ET Instructor: Bas

Location: PINK FLOOR

Sign up: Maximum of 5 Students: Sign Up Sheet

# Wednesday Morning

Tai Chi Long Form (Online)

Time: 10:00 AM ET Instructor: Cheryl Location: ONLINE

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi

#### Wednesday Evening

Tai Chi Weapons

Time: 7:00 PM ET Instructor: Roy

Location: PINK FLOOR

Open to students who have previously studied the Long Form.

#### **Thursday Morning**

Pine Tree and Tai Chi (Indoor/Online)

Time: 10:00 AM ET Instructor: Pam

Location: PINK FLOOR and ONLINE

We will do the pine Tree exercises and some form depending on attendance.

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi

# Thursday Evening

Tai Chi Applied Philosophy (Online)

Time: 06:00 PM ET Instructor: Cat Location: ONLINE

Developing life skills based on Tai Chi Principles.

Join Zoom Meeting

https://us02web.zoom.us/j/89519855961?pwd=RHZocFByMTlyenJUTjdWVGZXd09zdz09

Meeting ID: 895 1985 5961

Passcode: taichi

Tai Chi and Pine Tree (Indoors)

Time: 7:00 PM ET Instructor: Erik

Location: PINK FLOOR

Sign up: Maximum of 6 Students: Sign Up Sheet

# Friday Morning

Tai Chi and Pine Tree (Indoors)

Time: 10:00 AM ET Instructor: Fran

Location: PINK FLOOR

Sign up: Maximum of 5 Students: Sign Up Sheet

Tai Chi and Pine Tree (Online)

Time: 10:00 AM ET Instructor: Pam Location: ONLINE

This is a normal morning class. We will do the Pine tree exercises and the Twelve. Plus one paragraph of the long form depending on time and attendance.

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi

# Saturday Morning

Tai Chi and Pine Tree (Online)

Time: 10:00 AM ET Instructor: Alex Location: ONLINE

"Hug a tree" meditation, Pine Tree (stretching) and Tai Chi 103 long form. Focus on energy and applications.

Join Zoom Meeting

https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09

Meeting ID: 886 8304 7006

Passcode: taichi