



UUFSB

# MEDITATIVE & WELLNESS ARTS

## FALL 2026 Schedule of Classes

Classes held at the Unitarian Universalist Fellowship at Stony Brook  
380 Nicolls Road, East Setauket, NY 11733

### MONDAY

**#001. INTRODUCTION TO TAI CHI.** 9:50 – 10:20 A.M.  
Instructor: Judith Budd-Walsh. **\$100**  
Sept. 14, 21, 28; Oct. 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7, 14.  
Make Up Date: Dec. 21.

**#002. TAI CHI Guided Yang Long Form with Seasonal Healing Qigong.** 10:30 – 11:30 A.M.  
Instructor: Judith Budd-Walsh. **\$150**  
Sept. 14, 21, 28; Oct. 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7, 14.  
Make Up Date: Dec. 21.

**#003. KRIPALU CHAIR YOGA for Health, Healing & Ease.**  
12:30 – 1:30 P.M.  
Instructor: Jean Cipriano. **\$180**  
Sept. 14, 21, 28; Oct. 5, 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7  
Make Up Date: Dec. 14.

### TUESDAY

**#004. ESSENTRICS Aging Backwards.** 10:30 – 11:30 A.M.  
Instructor: Kay Aparo. **\$150**  
Sept. 15, 22, 29; Oct. 6, 13, 20; Nov. 3, 10, 17; Dec. 1, 8, 15.  
*NO CLASS Oct. 27 and Nov. 24.*

### WEDNESDAY

**#005. TAI CHI Advanced Yang 24.** 9:45 – 10:45 A.M.  
Instructor: Rosanne Pawluk. **\$180**  
Sept. 9, 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 11, 18, 25.  
Make Up Date: Dec. 2.

**#006. TAI CHI Intermediate Yang 24.** 11:00 A.M. – 12:00 P.M.  
Instructor: Rosanne Pawluk. **\$180**  
Sept. 9, 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 11, 18, 25.  
Make Up Date: Dec. 2.

### THURSDAY

**#007. KRIPALU YOGA.** 9:00 – 10:00 A.M.  
Instructor: Jean Cipriano. **\$180**  
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3.  
Make Up Date: Dec. 10.

**#008. ESSENTRICS Aging Backwards.** 10:30 – 11:30 A.M.  
Instructor: Kay Aparo. **\$150**  
Sept. 17, 24; Oct. 1, 8, 15, 22; Nov. 5, 12, 19; Dec. 3, 10, 17.  
*NO CLASS Oct. 29 and Nov. 26.*

### FRIDAY

**#009. TAI CHI Advanced for Wellness & Longevity.**  
9:45 – 10:45 A.M.  
Instructor: Rosanne Pawluk. **\$180**  
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20.  
*NO CLASS Nov. 27.* Make Up Date: Dec. 11.

**#010. TAI CHI Beginner Yang 24, Part 2.**  
11:00 A.M. – 12:00 P.M.  
Instructor: Rosanne Pawluk. **\$180**  
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20.  
*NO CLASS Nov. 27.* Make Up Date: Dec. 11.

### SUNDAY

**#011. PANDA TAI CHI by Spencer Gee.** 3:00 – 4:00 P.M. **\$180**  
*Fee for Caregiver/Spouse \$90*  
*Fee for Student with Caregiver/Spouse \$270*  
Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8, 15, 22, 29  
Make Up Date: Dec. 6

**Multi-Class Discounted Rate:** A \$20 discount is offered off the total combined fee if paying for multiple classes at the beginning of the full 12-week semester. Discount does not apply to classes held for less than one hour.

**Registration/Payment:** May be done on the first day of class or by mail. Make checks payable and mail along with the Registration Form to: UUFSB, 380 Nicolls Road, East Setauket, NY 11733. Be sure to indicate class number on your check.

**Contact:** For more information call 631-751-0297; e-mail: [medarts@uufsb.org](mailto:medarts@uufsb.org); or check our website: [uufsb.org](http://uufsb.org)