



MEDITATIVE and WELLNESS ARTS

CLASS REGISTRATION FORM - FALL 2026 SEMESTER

PLEASE PRINT CLEARLY

NAME _____
LAST FIRST
EMAIL _____
PHONE # _____

PLEASE CHECK THE BOX OF THE CLASS OR CLASSES YOU ARE REGISTERING FOR

☐	CLASS	DAY	TIME
☐	#001. INTRODUCTION TO TAI CHI TWELVE (12) WEEKS - \$100 <i>Teacher: Judith Budd-Walsh</i>	MONDAY	9:50 am (30 minutes)
☐	#002. TAI CHI-GUIDED YANG LONG FORM with SEASONAL HEALING QIGONG TWELVE (12) WEEKS - \$150 <i>Teacher: Judith Budd-Walsh</i>	MONDAY	10:30 am
☐	#003. KRIPALU CHAIR YOGA for HEALTH, HEALING & EASE TWELVE (12) WEEKS - \$180 <i>Teacher: Jean Cipriano</i>	MONDAY	12:30 pm
☐	#004. ESSETRICS, AGING BACKWARDS TWELVE (12) WEEKS - \$150 <i>Teacher: Kay Aparo</i>	TUESDAY	10:30 am
☐	#005. TAI CHI - ADVANCED YANG 24 TWELVE (12) WEEKS - \$180 <i>Teacher: Rosanne Pawluk</i>	WEDNESDAY	9:45 am
☐	#006. TAI CHI - INTERMEDIATE YANG 24 TWELVE (12) WEEKS - \$180 <i>Teacher: Rosanne Pawluk</i>	WEDNESDAY	11:00 am
☐	#007. KRIPALU YOGA TWELVE (12) WEEKS - \$180 <i>Teacher: Jean Cipriano</i>	THURSDAY	9:00 am
☐	#008. ESSETRICS, AGING BACKWARDS TWELVE (12) WEEKS - \$150 <i>Teacher: Kay Aparo</i>	THURSDAY	10:30 am
☐	#009. TAI CHI - ADVANCED for WELLNESS & LONGEVITY TWELVE (12) WEEKS - \$180 <i>Teacher: Rosanne Pawluk</i>	FRIDAY	9:45 am
☐	#010. TAI CHI - BEGINNER YANG 24 TWELVE (12) WEEKS - \$180 <i>Teacher: Rosanne Pawluk</i>	FRIDAY	11:00 am
☐	#011. PANDA TAI CHI - TAI CHI for CHRONIC ILLNESS TWELVE (12) WEEKS - \$180 FEE for CAREGIVER/SPOUSE \$90 <i>Teacher: Spencer Gee</i>	SUNDAY	3:00 pm

PLEASE MAKE CHECKS PAYABLE & MAIL TO:

UUFBS
380 NICOLLS RD.
EAST SETAUKET, NY 11733

TOTAL # of CLASSES

TOTAL AMOUNT DUE

Checks may also be hand-delivered on the first day of class with Registration Form

****Multi-class discounted rate available: A \$20 discount is offered off the total combined fee if paying for multiple classes at the beginning of the full 10 or 12 week semester.***

****Pay as you go option available: \$20 or \$15 per class dependent on full semester cost.***

For questions or further information, please contact: medarts@uufsb.org or call [631-751-0297](tel:631-751-0297)