



UUFSB

MEDITATIVE & WELLNESS ARTS

FALL 2026 Course Descriptions

For Dates and Costs See Fall 2026 Schedule of Classes

MONDAY

#001. INTRODUCTION TO TAI CHI. 9:50 – 10:20 A.M.

Instructor: Judith Budd-Walsh.

Curious about Tai Chi? Wondering where to start? This welcoming class is the perfect place to begin. Come learn some of the basic forms of Yang style: push, pull, ascending and descending and splitting movements to prepare you for further study and practice. Wear comfortable clothing and flat shoes. Modifications will be made for physical abilities.

#002. TAI CHI Guided Yang Long Form with Seasonal Healing Qigong. 10:30 – 11:30 A.M.

Instructor: Judith Budd-Walsh.

You will be guided through the Yang Long Form so that there is movement, fluidity and opportunity for meditation. We will “tweak” as we go or where the instructor sees a need. Class is active participation and no matter your level of experience or confidence you will still be receiving the healing benefits of movement. Seasonal healing Qigong will be included.

#003. KRIPALU CHAIR YOGA for Health, Healing & Ease.

12:30 – 1:30. P.M.

Instructor: Jean Cipriano.

This class in the Kripalu style offers joint-friendly stretching, strength building, and stress relief without getting on the floor. Yoga poses are adapted so they can be done while sitting on a chair or using it for support. Through mindful movement and breathing practices, the Kripalu style helps to support a healthier, more balanced life. This class is accessible for all ages and mobility levels. Bring water and wear comfortable clothing.

TUESDAY

#004. ESSENTRICS Aging Backwards. 10:30 – 11:30 A.M.

Instructor: Kay Aparo.

Essentrics, Aging Backward classes are dynamic, low-impact workouts designed to improve strength, flexibility, balance, posture, and mobility—helping you feel more energized and confident in everyday life.

WEDNESDAY

#005. TAI CHI Advanced Yang 24. 9:45 – 10:45 A.M.

Instructor: Rosanne Pawluk.

We will continue our study of the Yang 24 form in both directions. Class content and focus is on reviewing, refining and deepening the form. Warm ups will include various Qigong exercises. The instructor may adjust or modify class content as needed to best support student needs and progression. This class is open to experienced Tai Chi students who have studied Yang 24 form at the Intermediate or Advanced level.

#006. TAI CHI Intermediate Yang 24. 11:00 A.M. – 12:00 P.M.

Instructor: Rosanne Pawluk.

We will continue our study of the Yang 24 form in both directions. Class content and focus is on reviewing, refining and deepening the form. Warm ups will include various Qigong exercises. The instructor may adjust or modify class content as needed to best support student needs and progression. This class is open to experienced Tai Chi students who have studied Yang 24 form at the Intermediate or Advanced level.

THURSDAY

#007. KRIPALU YOGA. 9:00 – 10:00 A.M

Instructor: Jean Cipriano.

This mat-based class is a meditative form of yoga that emphasizes self-awareness, inner focus and acceptance. Yoga's reported benefits include improved strength, flexibility, balance and overall health. Rather than pushing your body into rigid shapes, Kripalu Yoga uses physical postures (asanas), breathwork (pranayama) and deep relaxation to help you listen to your body and quiet your mind. Students report loving the “flow” of this class and feeling more flexible and peaceful when they leave. Bring a mat, water and wear comfortable clothing.

#008. ESSENTRICS Aging Backwards. 10:30 – 11:30 A.M.

Instructor: Kay Aparo.

Essentrics, Aging Backward classes are dynamic, low-impact workouts designed to improve strength, flexibility, balance, posture, and mobility—helping you feel more energized and confident in everyday life.

FRIDAY

#009. TAI CHI Advanced for Wellness & Longevity.

9:45 – 10:45 A.M.

Instructor: Rosanne Pawluk.

The class focus is on deepening and refining the Dr. Lam Tai Chi for Arthritis form and the Yang 24 form in both directions. Warm ups will include various Qigong exercises.

The instructor may adjust or modify class content as needed to best support student needs and progression.

#010. TAI CHI Beginner Yang 24, Part 2.

11:00 A.M – 12:00 P.M.

Instructor: Rosanne Pawluk.

We will pick up from where we left off in the spring and complete the form during this fall session. This class is also ideal for students who have already gone through learning the Yang 24 form at least once and are familiar with it. The focus will be on the essential principles, correction and review of each movement.

We will continue with the Dr. Lam warm ups.

The instructor may adjust or modify class content as needed to best support student needs and progression.

SUNDAY

#011. PANDA TAI CHI. 3:00 – 4:00 P.M.

Instructor: Spencer Gee.

This class is a specifically designed form of Tai Chi created by the instructor for students living with a chronic illness. Caregivers are invited to take this class as well.



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

For more information call 631-751-0297;

e-mail: medarts@uufsb.org;

or check our website: uufsb.org