



## Meditative & Wellness Arts

Fall 2023 Semester

Please make checks payable to:

### UUFSB

Mail to:  
c/o Julia Dillon  
142 Rocky Point Landing Road  
Rocky Point, NY 11778



For tuition and/or questions:

Email Julia Dillon at  
Medarts.uufsb@gmail.com

Call John Lutterbie at  
631-708-4135

Updated 8/30/2023

### Monday

- Tai Chi for Health – Yang 150: 10:30 a.m. **\$150**
  - September 18, 25
  - October 2, 16, 23, 30 (No class 9)
  - November 6, 13, 20, 27
  - December 4, 11
    - Make up if needed December 18
- Kripalu Chair Yoga for Health, Healing & Ease:  
12:30 p.m. **\$180**
  - September 11, 18, 25
  - October 2, 9, 16, 23, 30
  - November 6, 13, 20, 27
    - Make up if needed December 4

### Tuesday

- Essentrics – 10:30 a.m. **\$150**
  - TBD

### Wednesday **\$180**

- Tai Chi - Yang 24 Advanced: 9:45 a.m.
- Tai Chi - Yang 24 Intermediate: 11:00 a.m.
- Tai Chi - Yang 24 Beginner: 12:15 p.m.
  - September 6, 13, 20, 27
  - October 4, 11, 18, 25
  - November 1, 8, 15, 29 (No class 22)
    - Make up if needed December 6

### Thursday

- Kripalu Yoga: 9:00 a.m. **\$180**
  - September 7, 14, 21, 28
  - October 5, 12, 19, 26
  - November 2, 9, 16, 30 (No class 23)
    - Make up if needed December 7
- Essentrics – 10:30 a.m. **\$150**
  - TBD

### Friday

- Tai Chi for Wellness & Longevity Beginner: 9:45 a.m. **\$180**
  - September 8, 15, 22, 29
  - October 6, 13, 20, 27
  - November 3, 10, 17 (No class 24)
  - December 1
    - Make up if needed December 8
- Fan Intermediate Level: 11 a.m. **\$90**
  - September 8, 15, 22, 29
  - October 6, 13
    - Make up if needed October 20