

Please make checks
payable to:

UUFBSB and Mail To:

380 Nicolls Road
East Setauket, NY 11733



For tuition and/or questions
contact:

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Medarts.uufsb@gmail.com



Meditative & Wellness Arts Fall 2025 Semester

MONDAY

- Tai Chi – Guided Yang Long Form with Seasonal Healing Qigong: 10:30 a.m. **\$150**
- September 8, 15, 22, 29
 - October 6, 13, 20, 27
 - November 3, 10, 17, 24
- (Teacher reserve date Dec. 1)*
- Kripalu Chair Yoga for Health, Healing & Ease: 12:30 p.m. **\$180**
- September 8, 15, 29
 - October 6, 13, 20, 27
 - November 3, 10, 17, 24
 - December 1
- (Teacher reserve date Dec. 8)*

TUESDAY

- Cardio: 10:00 a.m.-10:15 a.m. **\$35**
- Essentrics with Cardio: 10:00 a.m. **\$180**
- Essentrics Only: 10:30 a.m. **\$150**
- September 16, 23, 30
 - October 7, 14, 21
- (Teacher reserve date Oct. 28)*
- November 4, 11, 18
 - December 2, 9, 16
- (Teacher reserve date Dec. 23)*

WEDNESDAY

- Tai Chi – Advanced Yang 24: 9:45-10:45 a.m. **\$180**
- September 3, 10, 17, 24
 - October 1, 8, 15, 22, 29
 - November 5, 12, 19
- (Teacher reserve date Dec. 3)*
- Tai Chi – Intermediate Yang 24: 11:00 a.m.- 12:00 P.M. **\$180**
- September 3, 10, 17, 24
 - October 1, 8, 15, 22, 29
 - November 5, 12, 19
- (Teacher reserve date Dec. 3)*

THURSDAY

- Kripalu Yoga: 9:00 a.m. **\$180**
- September 11, 25
 - October 2, 9, 16, 23, 30
 - November 6, 13, 20
 - December 4, 11
- (Teacher reserve date Dec. 18)*
- Essentrics: 10:30 a.m. (no cardio on Thurs) **\$150**
- September 18, 25
 - October 2, 9, 16, 23
- (Teacher reserve date Oct. 30)*
- November 6, 13, 20
 - December 4, 11, 18
- (Teacher reserve date Tues, Dec. 30)*

FRIDAY

- Tai Chi – Advanced for Wellness & Longevity: 9:45 a.m. **\$180**
- September 5, 12, 19, 26
 - October 3, 10, 17, 24, 31
 - November 7, 14, 21
- (Teacher reserve date Dec. 5)*
- Tai Chi – Beginner Yang 24: 11:00 a.m. **\$180**
- September 5, 12, 19, 26
 - October 3, 10, 17, 24, 31
 - November 7, 14, 21
- (Teacher reserve date Dec. 5)*

SUNDAY

- Tai Chi by Spencer Gee: 3:00 p.m. **\$180**
- Fee for Caregiver/Spouse* **\$90**
- Fee for Student with Caregiver/Spouse* **\$270**
- September 7, 14, 21, 28
 - October 5, 12, 19, 26
 - November 2, 9, 16, 23
- (Teacher reserve date Nov. 30)*

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.

Classes held at the Unitarian Universalist Fellowship
380 Nicolls Road
East Setauket, NY 11733
631-751-0297 • office@uufsb.org