



# Meditative & Wellness Arts

## Winter 2025 Semester

**Please make checks payable to**  
**UUFSB and mail to:**  
UUFSB  
380 Nicolls Road  
East Setauket, NY 11733



**For tuition and/or questions:**  
Laila Sholtz-Ames  
medarts.uufsb@gmail.com

Updated 12/5/24

### **Monday**

- **Tai Chi – Intro Yang 150 Long Form:** **\$150**  
**9:30–10:15 a.m.**
- **Tai Chi – Guided Yang Long Form with** **\$150**  
**Seasonal Healing Qigong: 10:30 a.m.**
  - January 6, 27
  - February 3, 10, 24
  - March 3, 10, 17, 24, 31
  - April 7, 14

*(Teacher reserve date April 21)*
- **Kripalu Chair Yoga for Health,** **\$180**  
**Healing & Ease: 12:30 p.m.**
  - January 6, 13, 27
  - February 3, 10, 24
  - March 3, 10, 17, 24, 31
  - April 7

*(Teacher reserve date April 14)*

### **Tuesday**

- **Essentrics: 10:30 a.m.** **\$150**
  - January 7, 14, 21, 28
  - February 4, 11, 25
  - March 4, 11, 18, 25
  - April 1

*(Teacher reserve date April 8)*

### **Wednesday**

- **Tai Chi - Yang 24 Advanced: 9:45 a.m.** **\$180**
- **Tai Chi - Yang 24 Intermediate: 11:00 a.m.** **\$180**
  - January 8, 15, 22, 29
  - February 5, 12, 19, 26
  - March 5, 12, 19, 26

*(Teacher reserve date April 2)*

### **Thursday**

- **Kripalu Yoga: 9:00 a.m.** **\$180**
  - January 9, 16, 23, 30
  - February 6, 13, 27
  - March 6, 13, 20, 27
  - April 3

*(Teacher reserve date April 10)*
- **Essentrics: 10:30 a.m.** **\$150**
  - January 9, 16, 23, 30
  - February 6, 13, 27
  - March 6, 13, 20, 27
  - April 3

*(Teacher reserve date April 10)*

### **Friday**

- **Tai Chi for Health & Wellness** **\$180**  
**Advanced: 9:45 a.m.**
- **Tai Chi – Yang 24 Beginner: 11:00 a.m.** **\$180**
  - January 3, 10, 17, 24, 31
  - February 7, 14, 21, 28
  - March 7, 14, 21

*(Teacher reserve date March 28)*

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

**Pay-as-You-Go Rate:** \$20/class for the \$180 semester; \$15/class for the \$150 semester.

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