

Please make checks
payable & mail to:

UUFSB

380 Nicolls Road
East Setauket, NY 11733



**Meditative & Wellness
Arts
SPRING 2026
Semester**

For tuition and/or questions
contact:

email: medarts@uufsb.org
or call: 631-751-0297



MONDAY

- **Tai Chi – Guided Yang Long Form with Seasonal Healing Qigong: 10:30 a.m.** **\$125**
- April 13, 20, 27
 - May 4, 11, 18
 - June 1, 8, 15, 22
- (Teacher reserve date June 29)*

- **Kripalu Chair Yoga for Health, Healing & Ease: 12:30 p.m.** **\$135**
- April 27
 - May 4, 11, 18
 - June 1, 8, 15, 22, 29
- (Teacher reserve date Thurs., June 25 @ 10:30 a.m.)*

WEDNESDAY

- **Tai Chi – Advanced Yang 24: 9:45-10:45 a.m.** **\$180**
- April 8, 15, 22, 29
 - May 6, 13, 20, 27
 - June 3, 10, 17, 24
- (Teacher reserve date July 1)*

- **Tai Chi – Intermediate Yang 24: 11:00 a.m.- 12:00 P.M.** **\$180**
- April 8, 15, 22, 29
 - May 6, 13, 20, 27
 - June 3, 10, 17, 24
- (Teacher reserve date July 1)*

THURSDAY

- **Kripalu Yoga: 9:00 a.m.** **\$150**
- April 16, 23, 30
 - May 7, 14, 21, 28
 - June 4, 11, 18
- (Teacher reserve date June 25)*

FRIDAY

- **Tai Chi – Advanced for Wellness & Longevity: 9:45 a.m.** **\$180**
- April 10, 17, 24
 - May 1, 8, 15, 22, 29
 - June 5, 12, 19, 26
- (Teacher reserve date July 3)*

- **Tai Chi – Beginner Yang 24: 11:00 a.m.** **\$180**
- April 10, 17, 24
 - May 1, 8, 15, 22, 29
 - June 5, 12, 19, 26
- (Teacher reserve date July 3)*

SUNDAY

- **Tai Chi by Spencer Gee: 3:00 p.m.** **\$180**
- Fee for Caregiver/Spouse* **\$90**
Fee for Student with Caregiver/Spouse **\$270**
- April 19, 26
 - May 3, 10, 17, 24, 31
 - June 7, 14, 21, 28
 - July 5
- (Teacher reserve date July 12)*

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 at Stony Brook
380 Nicolls Road, East Setauket, NY 11733

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