



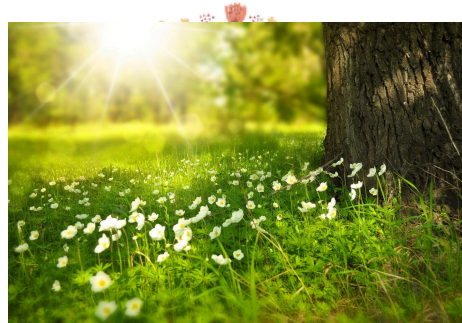
Meditative & Wellness Arts

SPRING **2024** Semester

Please make checks payable to:

UUFSB

Mail to:
c/o UUFSB
380 Nicolls Rd
East Setauket, NY 11733



For tuition and/or questions:

Laila Sholtz-Ames
Medarts.uufsb@gmail.com

Monday

📅 **Tai Chi Flow– Yang Long Flow (w/seasonal Qigong):**

10:30 a.m. **\$150**

- April 8, 15, 22, 29
- May 6, 13, 20 (no class on 5/27)
- June 3, 10, 17, 24
- July 1

Make up July 8

📅 **Kripalu Chair Yoga for Health, Healing & Ease:**

12:30 p.m. **\$180**

- April 8, 15, 22, 29
- May 6, 13, 20, 27
- June 3, 10, 17, 24

Make up July 1st and July 8th

Tuesday

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

Winter term term dates:

- February 20, 27
- March 5, 12, 19, 26
- April 9, 16, 23, 30
- May 7, 14

Make up April 2nd

Wednesday

\$180

📅 **Tai Chi-Yang 24 Advanced: 9:45 a.m.**

- April 10, 17, 24,
- May 1, 8, 15, 22, 29
- June 5, 12, 19, 26

Make up July 3

Tai Chi-Yang 24 Intermediate: 11:00 a.m.

- April 10, 17, 24,
- May 1, 8, 15, 22, 29
- June 5, 12, 19, 26

Make up July 3

Thursday

📅 **Kripalu Yoga: 9:00 a.m.** **\$180**

- April 11, 18, 25
- May 2, 9, 16, 23, 30
- June 6, 13, 20, 27

Make up July 11th and July 18th

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

Winter term dates:

- February 22, 29
- March 7, 14, 21, 28
- April 11, 18, 25
- May 2, 9, 16

Make up April 4th

Friday

☐ **Tai Chi Intermediate Level for Wellness & Longevity: 9:45 a.m.**

- April 5, 12, 19, 26 **\$180**
- May 3, 10, 17, 24, 31
- June 7, 14, 21

[Make up June 28]

Classes held at the Unitarian Universalist Fellowship

380 Nicolls Road

East Setauket, NY 11733