



Meditative & Wellness Arts

Winter **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 150 (w/seasonal Qigong): 10:30 a.m. **\$150**

- January 8, 15, 22, 29
- February 5, 12, 19, 26
- March 4, 11, 18, 25

Make up April 1

☐ Kripalu Chair Yoga for Health, Healing & Ease: 12:30 p.m. **\$180**

- January 8, 15, 22, 29
- February 5, 12, 19, 26
- March 4, 11, 18, 25

Make up April 1

Tuesday

☐ Essentrics – 10:30 a.m. **\$150**

- January 2, 9, 16, 23 (part of the fall term)
- Winter term classes:**
- 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.

- January 3, 10, 17, 24, 31
- February 7, 14, 21, 28
- March 6, 13, 20, 27

Make up April 3

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

- January 3, 10, 17, 24, 31
- February 7, 14, 21, 28
- March 6, 13, 20, 27

Make up April 3

Thursday

☐ Kripalu Yoga: 9:00 a.m. **\$180**

- January 11, 18, 25
- February 1, 8, 15, 22, 29
- March 7, 14, 21, 28

Make up April 4

☐ Essentrics – 10:30 a.m. **\$150**

- January 4, 11, 18, 25,
- February 1 (part of the fall term)
- Winter term classes:**
- February 22, 29
- March 7, 14, 21, 28
- April 11, 18, 25
- May 2, 9, 16

Make up April 4th

Friday

📅 Tai Chi for Wellness & Longevity: 9:45 a.m.

- January 5, 12, 19, 26 **\$180**
- February 2, 9, 16, 23
- March 1, 8, 15, 22

[Make up Mar. 29]