

LONG RIVER TAIJQUAN/BIGFACELOVEYOGA 2020-2021 SCHEDULE

ALL CLASSES CURRENTLY OFFERED VIRTUALLY THROUGH ZOOM

YOGA

WOODBIDGE MORNING YOGA

Drop-in for \$12 per class, discounted session rates are available, registration ongoing

Monday to Friday 8:30 to 9:45 am

4 Meetinghouse Lane Woodbridge, CT

Center Building Room 16

<http://woodbridgect.org/content/6591/6673/6706.aspx>

WOODBIDGE TUESDAY EVENING YOGA

Drop-in for \$12 per class, discounted session rates available

Tuesday 5:30 to 6:45 pm

4 Meetinghouse Lane Woodbridge, CT

Center Building Room 16

<http://woodbridgect.org/content/6591/6673/6706.aspx>

YOUR COMMUNITY YOGA CENTER

HATHA TANTRA YOGA CLASSES

Saturday 10:00 to 11:20

Your Community Yoga Center

39 Putnam Ave. Hamden, CT 06514

<http://www.yourcommunityyoga.com/home.html>

MIND/BODY SERVICES

AUTHENTIC TAIJQUAN (T'AI-CHI)

YOGA/MARTIAL ARTS/MEDITATION

AYURVEDIC CONSULTATIONS

SCHOOL MINDFULNESS CONSULTING

Private and Group lessons by appointment

203-824-0927

BigFaceLoveYoga.com

Lrtaiji@yahoo.com

T'AI-CHI

AUTHENTIC TAIJQUAN (T'AI-CHI)

Tuesday, Wednesday, Thursday and Friday

Mornings 10-11 AM

Monday and Wednesday Evenings 5:30-6:30 PM

QIGONG/T'AI-CHI AT SMILOW

Monday 3-4 PM, Wednesday 2-3 PM

Smilow Cancer Hospital

2nd Floor

6 Devine Street, North Haven, CT 06473

HAMDEN ADULT EDUCATION

AUTHENTIC TAIJQUAN (T'AI-CHI) HAMDEN

NEW SESSION BEGINS MARCH 1, 2021

Monday Evenings 6-7 PM

Wednesday Evenings 6-7 PM

Thursday Evenings 6-7 PM

Hamden High School

2040 Dixwell Ave, Hamden, CT 06514

203-407-2028