







Class Schedule (Portland)

B.E.S.T.	Organ Detoxification & Healing Tai Chi	DMD Healing Tai Chi & Meridian Stretching, Deep Relaxation & Energy Breathing		Brain Wave Vibration & Energy Training	DMD Healing Tai Chi	Meridian Stretching, Deep Relaxation & Energy Breathing
Day Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00-11:00am						
12:00-1:00pm		DMD Tai Chi	DMD Tai Chi		DMD Tai Chi	
5:30 - 6:30pm	DMD Tai Chi				DMD Tai Chi	



: Regular Yoga Class

DMD : *Dahn Mu Do* Tai Chi