










Class Schedule (West Linn)

B.E.S.T.	Meridian Stretching & Intestine Exercise	Brain Wave Vibration & Energy Training	Meridian Stretching Deep Relaxation & Energy Breathing	DMD Healing Tai Chi	Brain Wave Vibration & Energy Training	Meridian Stretching Deep Relaxation & Energy Breathing
Day	Mon	Tue	Wed	Thu	Fri	Sat
Time						
8:30-9:30am				DMD TaiChi		9-10am 
10:00-11:00am						
5:30 - 6:30pm						
6:30 - 7:30pm				DMD TaiChi		



: Regular Yoga Class
 DMD : Dahn Mu Do Tai Chi