

BIGFACELOVE YOGA/LONG RIVER T'AI-CHI FALL SCHEDULE 2018

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>

FREE Yoga Week: Aug 27-31 for New Students

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>

FREE Yoga Week: Aug 27-31 for New Students

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 TAIJIQUAN (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 TAIJIQUAN (T'AI-CHI)

Saturday 9:00 am

Your Community Yoga Center

Drop-in for \$15 per class

T'AI-CHI

NORTH HAVEN SENIOR CENTER T'AI-CHI

MONDAY MORNINGS 10:30-11:30 AM

189 POOL RD

NORTH HAVEN, CT

[http://www.northhaven-](http://www.northhaven-ct.gov/government/town_departments/departments_(s_-_z)/senior_center/index.php)

[ct.gov/government/town_departments/departments_\(s_-_z\)/senior_center/index.php](http://www.northhaven-ct.gov/government/town_departments/departments_(s_-_z)/senior_center/index.php)

QIGONG/T'AI-CHI AT SMILOW

FOR CURRENT AND OUTPATIENTS

Monday evenings, 5:30-6:30 PM

Smilow Cancer Hospital

2nd Floor

6 Devine Street

North Haven, CT 06473

HAMDEN SENIOR CENTER T'AI-CHI

FIRST CLASS FREE

Drop-in for \$5 per class/\$40 per month

Tuesday and Thursday 10:45 to 11:45 am

Miller Library Senior Center

2901 Dixwell Ave. Hamden, CT

HAMDEN ADULT EDUCATION (BEGINS FALL)

AUTHENTIC TAIJIQUAN (T'AI-CHI) HAMDEN

Tuesday Evenings 7:15-8:15 pm

Thursday Evenings 6:00-7:00 pm

Hamden High School

2040 Dixwell Ave, Hamden, CT 06514

203-407-2028

WOODBIDGE WEDS. EVENING T'AI-CHI

NEW CLASS: FRIDAY MORNING T'AI-CHI

Drop-in for \$15 per class, discounted session rates are available, registration ongoing

Weds: 6:30-7:30 pm

Friday: 10:00-11:00 am

4 Meetinghouse Lane Woodbridge, CT

Center Building Room 16

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FREE T'ai-Chi Week: Aug 27-31 for New Students