



*Kaleidoscope
Dance*



November 2023



*Tai Chi
& Well-Being*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Oct 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Dec 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1



2

**1:00 PM Gentle
Tai Chi Qigong**

3

**9:15 AM Crane
Dance**

5

6

**6:00 PM Tai Chi
Yang Form**
**7:00 PM Tai Chi
Push Hands**

7

**1:00 PM Gentle
Tai Chi
Sequences**

8

9

10

**1:00 PM Gentle
Tai Chi Qigong**

11

**9:15 AM Crane
Dance**

12



13

**6:00 PM Tai Chi
Yang Form**
**7:00 PM Tai Chi
Push Hands**

14

**1:00 PM Gentle
Tai Chi
Sequences**

15



16

17

**1:00 PM Gentle
Tai Chi Qigong**

18

**9:15 AM Crane
Dance**

19

20

**6:00 PM Tai Chi
Yang Form**
**7:00 PM Tai Chi
Push Hands**

21

**1:00 PM Gentle
Tai Chi
Sequences**

22

23

Studio Closed
**HAPPY
THANKSGIVING**

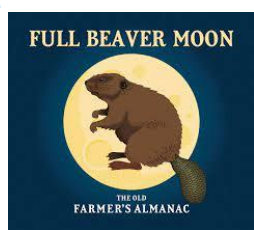
24

**1:00 PM Gentle
Tai Chi Qigong**

25

**9:15 AM Crane
Dance**

26



27

**6:00 PM Tai Chi
Yang Form**
**7:00 PM Tai Chi
Push Hands**

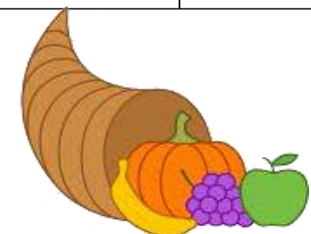
28

**1:00 PM Gentle
Tai Chi
Sequences**

29

30

**7:30 PM Sound
Meditation with
Qigong**



Studio
Closed