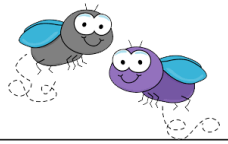
Kaleidoscope Dance

August 2022

Tai Chi & Well-Being

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	2 10:30 AM Gentle Tai Chi/ Qigong 1:00 PM Gentle Tai Chi Sequences	3	4 10:30 AM Gentle Tai Chi/ Qigong	5 1:00 PM Gentle Tai Chi/ Qigong 	6 9:15 AM Crane Dance - Gentle Tai Chi
7	8 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	9 10:30 AM Gentle Tai Chi/ Qigong 1:00 PM Gentle Tai Chi Sequences	10	11 10:30 AM Gentle Tai Chi/ Qigong	12 1:00 PM Gentle Tai Chi/ Qigong 6:00 PM Yoga Femme	13 9:15 AM Crane Dance - Gentle Tai Chi
14 10:00 AM Sound Meditation with Qigong	15 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	16 10:30 AM Gentle Tai Chi/ Qigong 1:00 PM Gentle Tai Chi Sequences	17 	18 10:30 AM Gentle Tai Chi/ Qigong	19 1:00 PM Gentle Tai Chi/ Qigong	20 9:15 AM Crane Dance - Gentle Tai Chi
21	22 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	23 10:30 AM Gentle Tai Chi/ Qigong 1:00 PM Gentle Tai Chi Sequences	24	25 10:30 AM Gentle Tai Chi/ Qigong 7:30 PM Sound Meditation with Qigong	26 1:00 PM Gentle Tai Chi/ Qigong 6:00 PM Yoga Femme	27 9:15 AM Crane Dance - Gentle Tai Chi
28 	29 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	30 10:30 AM Gentle Tai Chi/ Qigong 1:00 PM Gentle Tai Chi Sequences	31			

Jul 2022

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						

Sep 2022

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	

www.kaleidoscope-dance.com 602-345-0496