

Outdoor Tai Chi Simple classes at the UU on Mondays at 1:30pm will resume again in October 2025.

If anyone would like to practice *Tai Chi Simple* over the summer, kindly send me an email: sweetsusan62@gmail.com to receive recorded classes that I continue to offer over the summer. Classes are 20-30 minutes; recorded on Zoom and can be done at your convenience at any time at home.