



## Linda's Tai Chi Weekly Handout May 7, 2023

Dear Students,

There are 5 weeks in the Merry Month of May. I will be taking the last week of May starting May 28 and ending June 4<sup>th</sup> for a week to rest and relax.

All classes are cancelled that week. Perhaps you, too, can take some time to rest and relax. Breathe, take a walk in the spring air, sky watch or do whatever makes your heart sing and your mind explore your most creative thoughts.

Peace, Linda