

## **Tai Chi – Home Studies**

Tai Chi Day 23 Home Study - [Click Here](#)

Tai Chi Day 22 Home Study - [Click Here](#)

Tai Chi Day 21 Home Study - [Click Here](#)

Tai Chi Day 20 Home Study - [Click Here](#)

Tai Chi Day 19 Home Study - [Click Here](#)

Tai Chi Day 18 Home Study - [Click Here](#)

Tai Chi Day 17 Home Study - [Click Here](#)

May 1 - Tai Chi Day 16 Home Study sent by Melissa Heisler - [Click Here](#)

April 29 - Tai Chi Day 15 Home Study sent by Melissa Heisler - [Click Here](#)

April 22 - Tai Chi Day 14 Home Study sent by Melissa Heisler - [Click Here](#)

April 22 - Tai Chi Day 13 Home Study sent by Melissa Heisler - [Click Here](#)

April 22 - Tai Chi Day 12 Home Study sent by Melissa Heisler - [Click Here](#)

April 22 - Tai Chi Day 11 Home Study sent by Melissa Heisler - [Click Here](#)

April 18 - Tai Chi Day 10 Home Study sent by Melissa Heisler - [Click Here](#)

April 15 - Tai Chi Day 9 Home Study sent by Melissa Heisler - [Click Here](#)

April 14 - Tai Chi Day 8 Home Study sent by Melissa Heisler - [Click Here](#)

April 8 - Tai Chi Day 7 Home Study Sent by Melissa Heisler - [Click Here](#)

April 6 - Tai Chi Day 6 Home Study sent by Melissa Heisler - [Click Here](#)

April 1 - Tai Chi Day 5 Home Study sent by Melissa Heisler - [Click Here](#)

April 1 - Tai Chi Day 4 Home Study sent by Melissa Heisler - [Click Here](#)

March 26 - Tai Chi Day 2 sent by Melissa Heisler - [Click Here](#)

March 24 - Tai Chi Yang/Wu Form Study sent by Melissa Heisler - [Click Here](#)

March 30 - Tai Chi Day 3 Home Study sent by Melissa Heisler - [Click Here](#)