

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Monthly Calendar

February 2026



1 Kids Kung Fu 5pm Online 6:30pm Tai Chi 7:15pm	2 Kids Kung Fu 5pm Online 6:30pm	3 Online 6:30pm Tai Chi 7:15pm	4 Online 6:30pm Tai Chi 7:15pm	5 Online 6:30pm Tai Chi 7:15pm Public Speaking 5pm-9pm	6 Online 6:30pm Public Speaking 10am- 2pm	7 10am Online Secrets of Effortless Living Public Speaking 10am – 2pm
8 Kids Kung Fu 5pm Online 6:30pm Tai Chi 7:15pm	9 Kids Kung Fu 5pm Online 6:30pm	10 Online 6:30pm Tai Chi 7:15pm	11 Online 6:30pm Tai Chi 7:15pm	12 Online 6:30pm Tai Chi 7:15pm	13 Online 6:30pm Secrets of Effortless Living Retreat 9am to 4pm	14 10am online Secrets of Effortless Living Retreat 9am to 4pm
15 Kids Kung Fu 5pm Online 6:30pm	16 Kids Kung Fu 5pm Online 6:30pm	17 Online 6:30pm	18 Online 6:30pm	19 Online 6:30pm	20 Online 6:30pm	21 10am Online Secrets of Effortless Living
22 Kids Kung Fu 5pm Online 6:30pm	23 Kids Kung Fu 5pm Online 6:30pm	24 Online 6:30pm	25 Online 6:30pm	26 Online 6:30pm	27 Online 6:30pm	28 10am Online Secrets of Effortless Living (recorded)

Kids classes 30bd monthly. Yang Tai Chi classes 50 bd monthly. Online classes monthly 40 bd / yearly 130bd.

Public Speaking Workshop – 50 BD (3 days)

Secrets of Effortless Living Retreat – 70 BD (2 days) – including of a month online practice and tai chi classes face to face.