

Remember to Breathe & Smile. Everyday is a Good Day.

# 100 DAYS OF Chi.



Feel Better with Practise.

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	😊
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	😊

**I DID IT!**



*Light, Love & Good Chi*

Join our weekly classes online - [LeeTaiChiCentre.co.uk](http://LeeTaiChiCentre.co.uk)