

Tai Chi Breeze

The Foster Hall
(St Barnabas Church
Hall), Wellesley
Road, E17 8JZ



Tuesday, 6-7 pm
Term times

***Try Tai Chi for girls and women to be fitter and calmer with gracious movements. FREE for under 16 new to the project but must be accompanied by an adult. Over 16 special rate (please check out term rates on our website).
Normal rate £5 per class per person.***

For more info and booking:
Email: info@daolu.co.uk
Mobile: 07713 152 999
Website:
[daolu.co.uk /tai-chi-for-girls-and-women/](http://daolu.co.uk/tai-chi-for-girls-and-women/)

