



MAYOR OF LONDON

IN ASSOCIATION WITH



**PIP**  
Pursuing Independent Paths



# Flow like a Cloud

**FREE Tai Chi**  
**for people with learning disabilities**  
**and support workers**

**Every Tuesday 9.30 – 11 am,**  
**27 January to 31 March 2015**  
**(no session on 17 February)**  
**@ PIP W9**

**4e Warwick Court, Shirland Mews,**  
**London W9 3DY**

*A welcoming,*  
*friendly class*

*Gentle movements*  
*improve your health*  
*and calm your mind*



**All abilities welcome**

*Wear loose, comfortable clothes and trainers*

**Funded by Mayor of London FreeSport Winter/Spring 2015**

**To book or find out more, Contact Camilla @ PIP on**  
**02089604004; 07824990468; camillam@piponline.org.uk**

**Training provided by Dao Lu C.I.C.**

To find more info on Dao Lu Tai Chi training, visit <http://www.daolu.co.uk/>