



Women's Tai Chi Corner



indoor sessions female teacher

Fridays 10-11am (term times only)

£3 per session* (get your first session FREE!)



A welcoming, women only class

Gentle movements improve your health and calm your mind

All abilities welcome

Wear loose, comfortable clothes and flat shoes

Community Bowls Pavilion, Lloyd Park off Forest Road, E17

All women living in Waltham Forest welcome

Under 18s must be accompanied by an adult

Please contact us if you have access needs

***Plus annual fee, if you come long-term. Concession rates are available.**

To book or find out more
info@daolu.co.uk
07713 152 999
www.daolu.co.uk

