



Tai Chi & Kung Fu

FREE! Designed for the whole family to enjoy!

**Saturdays, 2 May to 4 July 2015, 2.00 - 3.30 pm,
Ridgeway Park, Chingford, London E4 6XU
Outdoors, weather permitting**

Kung Fu

***Improves fitness,
discipline and self defence***



Tai Chi

***Gentle movements
improve your health and
calm your mind in
harmony with nature***



All abilities welcome

**Wear loose comfortable tops and trousers and
trainers or flat shoes**

All residents living in Waltham Forest welcome

**Under 18s must be accompanied by an adult; not suitable for under 5s
Please contact us if you have access needs**

To book:

info@daolu.co.uk

020 3670 3005

07713 152 999

www.daolu.co.uk



LOTTERY FUNDED



Waltham Forest