



MAYOR OF LONDON
IN ASSOCIATION WITH

Coca-Cola
zero



FREE

Lotus Tai Chi for Women

indoor sessions female teacher

Wednesdays 10-11.15am

9 September to 28 October 2015, 8 sessions



***A welcoming,
women-only class***

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

***All abilities
welcome***

***Wear loose, comfortable
clothes and flat shoes***

Funded by Mayor of London FreeSport Summer 2015

**Chingford Children's Centre, Wyemead Building, 5 Oaks Grove,
Chingford, London E4 6EY**

Under 18s must be accompanied by an adult; not suitable for under 11s
Please contact us if you have access needs

**To book, info@daolu.co.uk, Tel 020 3670 3005,
Mobile 07713 152 999 (text only), www.daolu.co.uk**