

# Women's Tai Chi Corner in Chingford



**indoor sessions female teacher**

**Wednesday 10-11am (term times only),  
starting from 11 November 2015**

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



**A welcoming,  
women only class**

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

**All abilities welcome**

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

**Pimp Hall Nature Reserve, near Kings Road Recycling  
Centre, off Kings Road, Chingford,  
London E4 7HR**

**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:**

**E: [info@daolu.co.uk](mailto:info@daolu.co.uk), Tel: 020 3670 3005**

**Mob: 07713 152 999 (text only)**

**[www.daolu.co.uk](http://www.daolu.co.uk)**

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Waltham Forest