

Tai Chi @Chingford Old Church



**Tuesdays 7.30-8.30pm (term times only)
Starting 19 January 2016**

**£5 per session, 6 sessions payable in advance,
this includes weekly donations to the Church to
cover costs.**



**A welcoming class for
women and men**

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

All abilities welcome

**Wear loose, comfortable clothes
and flat shoes – especially good
for people with creaky knees,
backs and other ailments!**

**Chingford Old Church, 121 Old Church Road, Chingford,
London E4 6ST**

**Under 18s must be accompanied by an adult
Please contact us if you have access needs**

Concession rates are available when we have a viable group.

To book or find out more:

Contact Joy Jewett 020 8529 2995, or

Email: Jan@janhawkins.co.uk

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